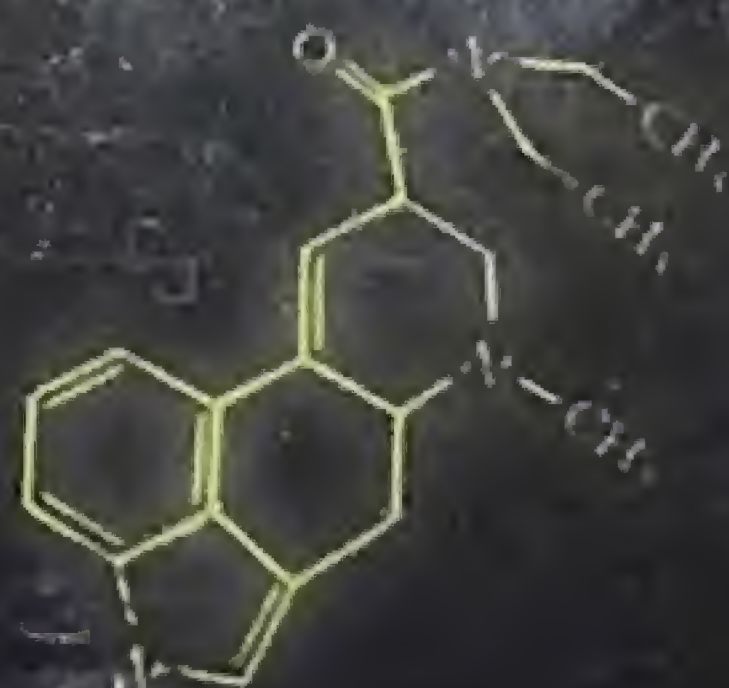
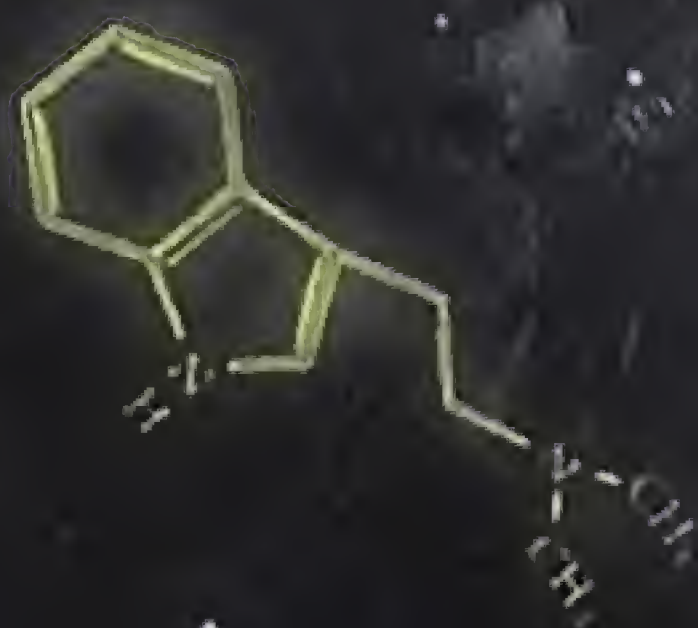
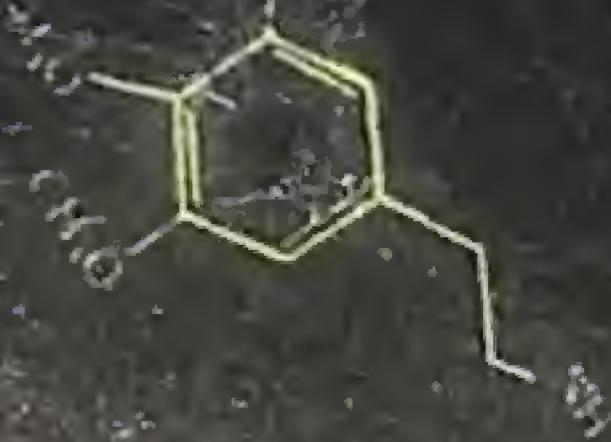
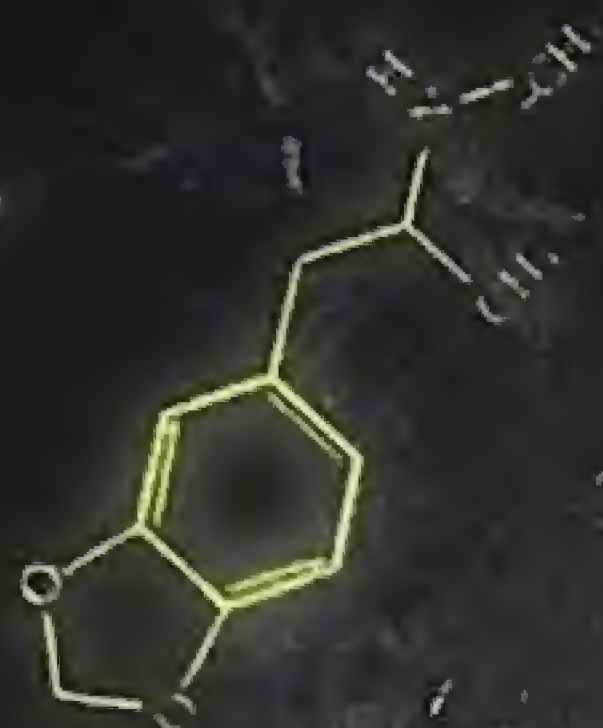


INTO THE VOID



Exploring Consciousness, Hyperspace and Beyond
Using Brain Technology, Psychedelics and
Altered-Mind States

ZOE7

INTO THE VOID

INTO THE VOID

Psychedelics, Hallucinogens, Brain Technology Devices,
& The Expansion Of Consciousness

ZOE7

FIRST EDITION 2001

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INTO THE VOID

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Author's Note

"People perceive Us in the same light in which they discern themselves. This, We have learned, is because we all tend to mirror each other, you see."

Zoe7

Let us first begin by introducing 'Ourselves'. We are Zoe7, a multi-dimensional synergy-personality cluster. In this reality We now inhabit the physical body and mind of Joseph ("Joey") Marti. The five other personalities occupying his body-mind are Max McCullan, Ebhrious, Jiebro, Kzark Prestidius, and Lee Steel. As you may have probably noticed by now, as a group We are six in number, yet We call Ourselves Zoe7. Let Us explain the reason for this peculiarity. The psychological and psychic merger We have recently undergone is a new experiment in consciousness for all of Us. This consolidation follows the principal of synergy, which combines individual units (parts of a whole), in such a way so as to produce a result that is greater than the sum of the units. In Our case, $1 + 1 + 1 + 1 + 1 + 1 [6] = 7$, or simply, $3 + 3 = 7$.

You should not look at Us as an oddity. Instead, realize that We are a future psychological state of the human species. You will have to forgive us but for obvious time and size constraints We cannot fully introduce Ourselves individually in this book. Perhaps in the future We can do this, for there is much that each one of Us would like to say and share with you. Indeed, We are *all* very creative i-n-d-i-v-i-d-u-a-l-s. Furthermore, since We are now in Joey's dimension of reality, this book is then written from 'his' perspective. Gradually however, you will come to briefly meet the rest of Us at various points in the course of this narrative, just as Joey did.

Inasmuch as We are now a multi-dimensional Unit, We, as Zoe7, also exist in five other realities or space-time continuums besides this one. Each one of those realities containing a slightly different version of the book you are now holding in your hands. And each one of those books written from each other's *individual* perspectives. But make no mistake. There is a reason for all this.

We have come together “here”, as well as “elsewhere”, with the express purpose of ‘awakening’ those who are ready, and to make known that you have forgotten the fact that you are dreaming! The fabric of reality as you know it is a mass-created hallucination—literally. And there’s more...

At this particular moment in time *you* have come to an important juncture in your psycho-spiritual development and evolutionary cycle, and have therefore been led to this book by a higher portion of your Self, which is presently perhaps unknown to you. Nonetheless, ‘it’ exists; and will use any means available to jolt your attention and awareness and communicate with you. That is the reason why you are now reading this. There are no such things as coincidences. Only cleverly orchestrated events and psychological constructs such as forgetfulness, sleep, relativity, mind, space, time, et cetera.

Having said that, let us then begin at once with the process of your awakening.

Foreword

*"I the Lord will make myself known unto him in
a vision, and will speak unto him in a dream."*

(Numbers 12:6)

Hallucinatory states can be induced by a variety of synthetic dissociative anesthetics, natural hallucinogens, and even off-the-shelf pharmaceutical drugs. These experiences are caused by psychoactive molecules displacing neurochemicals from their corresponding receptor sites in the brain, as well as by the stimulation of neurological systems such as the temporal and parietal lobes, thalamus, visual cortex, etc.

However, in my opinion, these experiences may also suggest that there is some latent ability of the human brain that has yet to be discovered. The altered mind-states caused by these substances are not the common psychedelic experiences in which one sees abstract and colorful patterns, or where one experiences perceptual enhancement of sensory data. No, the altered states I'm referring to consist of full-blown hallucinations that are three-dimensional-like, solid, and even talk back at you...

As I immersed myself in the study of consciousness, I came across a wide variety of topics including psychopharmacology, which led me to discover substances such as diphenhydramine hydrochloride, dimenhydrinate and cyclizine hydrochloride, which I have experimented with. These substances were developed to suppress allergic symptoms and prevent motion sickness. But when taken in large amounts however, they become extremely psychoactive and affect brain functioning in a bizarre manner—placing one's consciousness in a deep hypnagogic state, the borderline between wakefulness and sleep, complete with both auditory and visual hallucinations, but with the eyes open!

So, in a sense, these substances put the brain to sleep, while leaving both the mind and the body physically awake. One then is 'dreaming awake'; and all of the subconscious material one may experience, hear, and *see* while in stages 1 and 2 of the dreamstate literally comes alive in the waking state—right in front

of you. The curious thing though is that I have also experienced similar auditory and visual hallucinations without the use of any substances, as a result of an extremely high fever that I had when I was very young.

In contrast, other substances such as ketamine—in very low sub-surgical doses—and large doses of dextromethorphan hydrobromide (DXM HBr)—a cough suppressant—have an affinity for binding themselves to specific brain receptor sites, which in turn signal the brain to not only suppress the cough reflex—as is the case with DXM—but also signal the body's nervous system to shutdown (go to sleep), while leaving the mind awake. This produces what is called a 'dissociative state'; for the mind loses contact with the body's consciousness, thereby unfocusing from physical reality and resulting in what are referred to as out-of-body experiences (OBE's), near-death experiences (NDE's), and astral projections.

Again, I have also had these experiences without the use of pharmacological agents, in deep states of psychophysiological relaxation. However, they tend to be sporadic and somewhat brief in nature. Yet they are utterly profound to say the least. For one actually steps outside the physical dimension and into another reality and state of being—sometimes even into a state of 'non-being'...

Therefore, given the nature and implications of the types of experiences that may be induced by the substances just mentioned, I definitively feel that teens or even *most* adults under the age of thirty-five *should not* experiment with them. I cannot stress this point enough. These substances are not like LSD or Ecstasy. No, dissociatives are a psychopharmacological mystery, because as it turns out, they are extremely potent psychological and psychic 'keys', which have the uncanny ability to unlock a sort of Pandora's box within the psyche.

Those individuals who have experimented with medium to high doses of intramuscularly injected ketamine for example, will tell you that at one point in the trip one often experiences a sort of split-personality disorder. Thus becoming not someone else, but rather, 'something' else. Indeed, dissociatives have a very distinct 'alien feel' and 'personality' to them, if you will, and I don't think this should be played around with simply because one wishes to party or have a good time.

To a somewhat lesser extent—barely—dimenhydrinate and clemastine hydrochloride also fall into this category. This is because the transition of the mental states produced by them not only affects short-term memory, but this shift is so subtle that one may actually forget that one has fallen asleep—or rather that one's brain has—while still remaining physically awake. Thereby confusing the virtual reality-like hallucinations produced by the sleeping brain while in this 'awake dreamstate', with objects, people and events from the real world. In that regard the mental effects produced by these two substances are very similar to those of datura, belladonna and scopolamine. These effects being very much like those experienced in states of delirium and psychosis. For that reason, individuals wishing to experiment with them—although I suggest you don't—

should be 'seasoned pros' in the exploration of the psyche and consciousness in general.

Now, the bizarre truth about the hallucinogenic substances I just mentioned (except for ketamine), is that they are readily available at any local drug store or supermarket, right next to the aspirin and mouthwash! In fact, I have come to discover that certain off-the-shelf pharmaceuticals are *much* more hallucinogenic and powerful than any of the illegal drugs available on the street.

The information presented in this book is the result of my ongoing investigative research in the field of consciousness. Based on my experiences I have to say that there are an infinite number of worlds and species alive in hyperspace. Of course, you don't have to believe in what I am saying; you may prove it to yourself by developing your consciousness. You may do this in a number of ways, and that's one of the topics discussed in this book.

However, I decided to take a 'quantum leap' approach as opposed to a gradual one, by employing the combined aid of brain technology devices *and* psychedelic and hallucinogenic substances. But I did this simply because I felt that for *my* psychological makeup that was the right thing to do. Accordingly, I must say that individuals who have not prepared themselves *intellectually, psychologically, emotionally, and spiritually should refrain from attempting this. I cannot stress this point enough.* Besides, many of the hallucinogens and almost all of the psychedelics available on the black market are Scheduled under federal law. So possession and/or research, even in the privacy of one's own home and mind, is a potential crime punishable with years in prison. (!) Therefore, I must carefully watch both what I write and say.

The experiments with substances depicted in this book are fiction.

Now, it was many years into adulthood before I took a single dose of any psychedelic or hallucinogen. In fact, I was thirty-one years old. First, I studied about their psychopharmacological effects and possible health risks. Then, after reading a number of research papers written by academics, scientists, psychologists and psychiatrists (papers published prior to the year 1966 or pre-prohibition era), I felt confident enough that I was in no physical or biological danger. For example, during the 60's and 70's LSD was said to cause chromosomal damage. But it has been clinically proven that this is not the case. In fact, this is just one of the many *lies* that have been fed to the public by government agencies, such as the CIA, to create mass-hysteria and instill fear in the minds of the general public regarding psychedelic compounds. The reasons for this well-orchestrated effort, as well as much more on this very controversial subject will be covered on a later chapter. (Let me reiterate that I am referring to psychedelics and not hallucinogens; hallucinogens are something entirely different, and I will get to those differences in a moment.)

As I researched this subject and read about the mental and psychic effects elicited by these drugs and plants, I became so curious about them that I had no other alternative than to experience their effects first-hand—and I did.

However, it is of utmost importance that I point out that both personal as well as clinical research has overwhelmingly shown that *set* (one's intention and state of mind: "I am an adult who seeks to understand the nature of who or what I am through the use of this sacred plant or psychopharmacological substance.") and *setting* (for example, in the privacy of one's home) will give an individual a vastly different experience than say a fifteen year old who thinks: "I know that I'm not supposed to be doing this because it's illegal. But my buddy said it was really cool to trip. I sure hope my parents don't bust me; or that I loose my mind, freak-out, and jump out of a window.")

As you can see, set and setting (and perhaps even *intent*) can and do make all the difference in the world. This is even more so with neophytes. What I am trying to get at here, is that by the time my first experiments with these substances began, I had already been studying meditation and Eastern philosophies for many years. I had also done research on the subject of altered states of consciousness, and regularly practiced lucid dreaming, remote viewing, and had even had a few OBE's.

Not only that, but I specifically took these substances with the *intent* that they help with my psycho-spiritual development. Taking all of this into account, as well as my study of other subjects, such as quantum physics and psychology—which strangely enough came about as a result of my experimentation with these substances—I believe allowed me to have the experiences depicted in this book. Also, because of the psychological maturity I had reached from all of my study and research, I feel that my consciousness was at least somewhat ready for what I was about to encounter when I started to *combine* pharmacological substances together with brain technology devices.

After all of my experiences, I have concluded that these substances and devices are *not* toys, and should be approached with caution. Especially the combination of dissociatives, such as ketamine and DXM (at high doses) together with neuroelectrical stimulation. (Note that there are no studies on the long-term effects produced by this particular combination. Beware. *Salvia divinorum* is a plant that also must be used cautiously.) But most importantly, researchers should be mature enough to deal with the *consequences* of their actions.

I say this because individuals are apt to visit weird places in their minds, and come to learn things that will definitively shake them out of their 'human experience illusion' and transport them to the very core of their psyche or oversoul, and even into what Carl Jung termed 'the collective unconscious'. These places or rather 'psychic states' are profoundly strange and alien, and are filled with both dazzling beauty and bizarre madness. In many instances one may temporarily loose all sense of individuality and experience total ego-disintegration. This can be a traumatic and horrifying occurrence to individuals who are not ready and experienced, and can very well lead to psychosis and schizophrenia; and believe me when I say this to you, for I am talking from *personal* experience.

In extreme cases, and by repeatedly using high dosages of these substances,

one takes the risk of not ever coming back fully to this material reality—by getting lost in some dark region of one's mind. In that regard mental wards are full of such individuals—those who have lost contact with 'this' reality. Therefore one should not; I repeat and emphasize: *one should not* experiment with these substances/technology combinations unless he or she is mature enough and prepared to accept all of the responsibilities and consequences of accelerated psycho-spiritual growth and development.

One very important point I need to make is that this book is *not* meant to be a how-to manual. Instead, it is a personal journal of sorts, based on things I went through as a result of my accelerated psycho-spiritual development and awakening. Furthermore, the various control settings in the devices, types of devices used, substances, dosages, and combinations are given here simply because I'm beginning to see on various Internet newsgroups, chatrooms, and websites that an increasing number of individuals are already starting to experiment with psychedelic/hallucinogenic substances combinations together with brain technology devices.

However, if one doesn't have at least a basic understanding of the mechanics involved, or the dangers of mixing certain types of substances and/or devices, one risks ending up at best in a psychiatric ward; at worst in the cemetery. I am not kidding. In fact, I'll have you know that certain psychedelics such as 5-MEO-DMT and the Harmala alkaloids are MAO inhibitors, and therefore should not be taken while the body is digesting certain common everyday foods; or if one is taking particular types of prescription medicines, for the results can be *fatal*. Therefore, one must be intelligent and responsible enough to know what he or she is doing.

By no means do I claim to have all the answers on this subject. Research in the fields of psychopharmacology, neuroscience and brain technology are still in their infancy. But I believe that if a person feels an inner-need to experiment, then at least he or she should have information about what precautions should be taken; as well as the possible dangers involved. Note that I am neither against nor for drug use. However, I do feel that it should be an *adult's personal choice*. With that in mind, I will present all sides on this subject—the good, the bad, and the ugly.

Again, if an individual decides to do his or her own investigations regarding these substances, so as to see what is there for him or her, then at least he/she will do so with minimum risk. Yet believe me, the risk is great for one is experimenting with one's brain and psyche. One also needs to understand that when starting to experiment with these substances and/or devices, one is forcing the unconscious and subconscious mind to communicate and reveal themselves to the conscious mind. So the usual boundaries that exist between them are broken. The results of this will vary greatly according to each individual's level of psychological maturity and emotional makeup. Therefore caution should be of utmost importance every step of the way when engaging in this type of self-

exploration.

Currently, there are laws in most places of the world that make it illegal to use certain substances for recreational purposes. Although I would hardly call these experiences 'recreational'. For some of the times I engaged in these types of experiments I felt as though I was stepping headfirst into a state of acute psychosis. And it took weeks, sometimes even *months* before I could psychologically recover from them and get used to being 'human' again. Believe me, there was nothing 'fun' about these experiences. However, on some level, perhaps a scientific one, I found the mental effects produced by the combination of psychoactive substances and technological devices to be utterly 'fascinating'.

Not only that, but I believe to have stumbled upon a new type of 'out-of-body experience'. Except this type of OBE is experienced while still 'in the body' and *not* out-of-the-body; and also while *awake* and not asleep...

Note that there are those who want to prevent any type of drug related information from being disseminated to the public, unless it meets with their approval. But I feel that ignorance and *deception* are worst in the long run. I firmly believe that as we stand at the dawn of a new millennium, *all* sides in the field of psychoactive drugs and plants should be presented. Instead of just one-sided and false propaganda, as it has been done for many decades now. Society cannot continue to hide or sweep under the rug this subject matter any longer. It's time for the public to be mature and realistic about drug use. Given the fact that as I write this people of all ages are experimenting with drugs more than ever before. In fact, illegal drug use has risen over the past decade! The "Say No to Drugs" slogan has not, is not, and will *not* work.

Therefore, I feel that just like condoms are now given out by mature and conscientious parents to their kids, and sex education is taught in schools, *unbiased* information on *precautionary drug use* should also be made available. Especially to teens in junior and high school. Remember that when sex education was first proposed it generated a lot of controversy. Eventually however, people came to grips with the *fact* that teens are people too, and most of them are curious about it, and therefore *will* engage in sex.

Hence, common sense dictates that it is better for kids to have access to sex education, as well as condoms or some other type of birth control, rather than ending up with an accidental pregnancy; or sexually transmitted disease. Or as in the case of aids, death. Well, it should be the same way with drugs.

In my opinion, the decision of whether to take a drug or not should be made having unbiased information readily available about the risks involved, as well as the potential benefits, if any.

I believe that there are things far worse than getting high, stoned, or exploring one's psyche. For example, ruining an individual's life by sending him or her to prison for buying marihuana or other Scheduled drug is one of them. Another is overdose, which can result in permanent brain damage or death. Again, these facts must be taken into consideration; for drug experimentation is

never going to be eliminated—*never*. For some reason people feel the need and desire to alter their own mental states and will go to any extent to do so. And in order to do this people are no longer having to go to underground black markets or to seedy drug dealers, but as mentioned before, to their local drug store. There is nothing that can be done about this.

From shamans to ravers, to the caffeine, sugar, and chocolate junkies, and even to the casual drinker, Saturday night pot smoker, and glue-sniffing pubescent, we humans have, continue to, and will continue to want to change our neurochemical states. Perhaps this need is embedded in the human psyche. Therefore it should simply be accepted and dealt with. But this should be done with unbiased drug education. Rather than with manipulative fear tactics—most of them stupid and childish in my opinion—such as “Pot turns people into sexual deviants and drives them insane”, which was what ‘authorities’ and ‘experts’ in the field of drugs were preaching back in the 50’s and 60’s!

Let me remark that this issue—drug use/experimentation—is still very controversial. Therefore, I have to take certain measures in order to protect myself. So before we go any further, I must ask you to read the following disclaimer:

I hereby advise everyone not to take any legal or illegal drug (except for prescription drugs as prescribed by a physician), or to engage in the manufacture, synthesis, analysis, or other processing of any illegal or legal drug, regardless of anything you may see in this book. I advise everyone not to follow any of the procedures listed. All information is presented for EDUCATIONAL PURPOSES ONLY. Furthermore, none of the information in this book related to substances and brain technology devices is guaranteed to be accurate or valid in any way. I explicitly instruct all readers not to violate any national, international, city, state, regional or other applicable laws. Readers assume all responsibility, and if they decide to follow any of the procedures listed in this book they do so at their own risk. Do not use brain technology devices and/or psychedelic/hallucinogenic substances if you suffer from mental illness, epilepsy, seizures, liver and kidney disorders, hypertension, heart problems, or ulcers. Because of its nature and subject matter this book is to be read only by responsible adults at least eighteen (18) years of age.

Let me now continue by saying that many of my psychedelic experiences have been truly life changing, transcendent, and beautiful. But some have been hair-raising, and that’s putting it mildly. I’m sure many of you are familiar with the term: “This drink is so strong, it’ll put hair on your chest.” Well, believe me when I say to you that some of the places you are apt to visit while under the influence of hallucinogens and photo-sonic stimulation are so frightening, that they will grow hair on your teeth! Yes, they can be that terrifying. Yet they yielded so many insights into the nature of the human mind and even of the

non-human mind—whatever that may be—that I just couldn't stay away for long.

These mind voyages literally and completely annihilated every cultural and religious belief I had ever had or heard about. I even began to see right through the hypnotic-like socio-political and pseudo-religious tyranny that holds captive the minds of most people on this planet. These substances also made me re-examine what I thought reality—'real' reality—was or could be. Especially when I undertook the study of quantum physics and learned that the observer (consciousness) influences the reality perceived. In fact, I have learned that our physical senses *construct* whatever they perceive, and that in reality solid objects are made up of empty space! This to me was complete nonsense. For how can 'something' be made out of nothing? Then it shouldn't exist, right? Well, it does *and* it also doesn't... (Don't worry, you will come to better understand this type of 'illogical logic' when we get to the chapter on quantum physics and consciousness, and start examining probabilities and the quantum wave function.)

Yet as I delved deeper and deeper into the nature of the physical dimension and eventually came to explore the corridors of the mind, I found similar revelations that did not make any 'sense' at all. As a result, it wasn't long before I found myself staring into an abyss and coming face to face with madness—or enlightenment. Maybe both. Who knows, perhaps both madness and enlightenment are one and the same... Indeed, that may be the case. Likewise, every time I ventured into the mindscapes accessed by high dosages of some of these substances, I prayed that I would come back to tell about it.

Note that I have found a definite distinction between what I consider to be 'hallucinogens' and 'psychedelics'. This is because in my experience psychedelics such as LSD, 2C-B, MDMA and psilocybin produce abstract and geometric-like visuals plus spiritual and personal insights. In fact, in low amounts and in the company of a competent and experienced psychotherapist, these substances have an uncanny ability to help the user with various emotional and traumatic issues, offer insights into one's life and psyche, and even awaken him or her to higher states of consciousness and being.

On the other hand, hallucinogens such as datura, ketamine and DMT; and dextromethorphan and dimenhydrinate (both at high dosages) bring about holographic and virtual reality-like image constructions. In that regard, they are potent and invaluable tools for the exploration of hyperspace. Insights that result from their use however—ketamine and dextromethorphan in particular—tend to be downright deranged, bizarre, non-human, and weird—at least by human standards—which can present a dangerous threat to the psychological makeup of neophyte psychonauts. Beware.

I am really surprised that I have not read any accounts of individuals bringing together hemispheric synchronization (Hemi-Sync®) frequencies and psychedelics such as LSD, for example. This 'techno-shamanic' combination alone

will make a believer out of anyone who doubts that these combinations lack merit or are effective. Moreover, some combinations, such as the one just mentioned, manifest experiences that are not possible with either substance or brain technology alone.

But I have learned that one has to couple the appropriate type of hemi-sync audiotape/CD or brain technology device together with the correct kind of substance and *dosage*, in order to achieve desirable results. I will share these combos with you on a later chapter—combinations I have come up with for *my own personal use*; based on studies on the brain and cognitive functioning that I have come across as I researched this topic; and by trial and error, of course.

Let me emphasize that many of the explorations that are described in this book are not accessible without the ingestion of pharmacological substances and/or the use of brain technology devices—and thank God for that! Because most of the altered states I have experienced as a result of my experiments are quite bizarre. On the other hand, the one's that are accessible without the use of any artifacts or substances, I have found to be both physically and mentally very demanding and time-consuming. Sometimes I simply can not engage them. But with hallucinogens however, the door to hyperspace is always readily available. As is a 'place' I have discovered deep within the psyche, which is *beyond* what we conceptualize as reality; and that is stripped of time, space, being, and any and all sense of familiarity, which I have dubbed the 'Void'. Oddly enough the Void is anything but nothingness...

Moreover, as unbelievable as it may sound, the fusing of brain technology devices and pharmacological substances has enabled my consciousness to warp, and even tear-apart the fabric of space-time reality; resulting in me being literally catapulted into what I can only describe as alternate dimensions, parallel universes, probable Earths, and even the mind of 'God'. In fact, I have also caught glimpses of what lies beyond that...!

As a result of all my experiments and experiences, I am forever changed as both an individual as well as a human being. From the human perspective, I feel—psychologically—as though I have been irreparably scared. From the universal perspective however, I sense that a blindfold of illusion has been lifted. Thus I have come to realize—and I know I say this at the risk of sounding pompous and egotistical—that in a way most people in the 'physical dimension of consciousness' are blind and delusional. I am one of the few that is not. The multi-faceted, or rather multi-dimensional aspects of the Self, and the truth about universal reality, creation and existence completely escapes them. In that sense, most of humanity is still very much asleep. I, on the other hand, have awakened.

One last thing before you continue on to the next pages. **Stop right here** if you wish to continue living the life that you think you know and being whom you think you are. Otherwise let me both warn you and make it very clear to you: **This book is the closest thing to actually ingesting an extremely**

powerful consciousness-altering mind-expanding psychedelic substance. And by reading it, you will embark on a psychological voyage that will forever change you and the reality you thought you knew. *I am not using these words as mere gimmickry.* This book is written in such a fashion that as you read it your psyche will begin undergoing definitive changes. These changes will alter your processing and perception of reality at many levels of consciousness. Consequently, by learning about the things I have uncovered, you may never look at or relate to the world around you in the same manner again. In fact, I promise you that by the end of this book you will not only come to know and understand your true nature—who and what you really are—but will find that *you* yourself have crossed on over and into the Void.

Introduction

*"God is neither a being, nor a thing, nor an idea. Instead,
'It' is a state of mind within each and everyone of us."*

Ebhrious

I am a man without any scholar degrees, of no religious denomination, and of limited educational background. Yet this has not been a handicap. Instead, it has served me well, for I have been privileged enough not to have been indoctrinated with any scientific or religious dogma. Therefore, my knowledge and understanding about the universe and of creation itself spring forth not from intellect, rather, they come from self-experience. Through this empiricism or 'experientialism', if you will, I have also come to an understanding of the Self. Thus, I have come to realize that 'spirituality' in the truest sense of the word lies in self-experience.

Hence, it can be said that a spiritual man is a man of experience, for only through experiences can one eventually attain wisdom. This wisdom leads to enlightenment. But the *process* that leads one to this awakening or enlightenment is what I call 'spirituality'. So experience and spirituality are both one and the same. Much like at the quantum level matter is energy, and energy is potential matter. At the physical and metaphysical levels, experience is spirituality, and spirituality is experience. This has led me to realize that there aren't any wrongs or rights. In fact, there are only 'rights'. Our own preferences and views whether social, cultural, religious, etc. are for the most part instilled in us while we are growing up. We are then pretty much taught only to think and function along certain lines; without having the chance of learning how to think, so as to *choose* whether we want to think within said boundaries or not.

This is done with the explicit purpose of not allowing individuals to upset the established 'status quo'. If one chooses to think and act outside of society's intellectual, political, and cultural confines then one becomes a radical. If one chooses to think and act outside of what society deems 'normal' then one is labeled mad. However, let's not forget that views and notions about what is

'wrong' or 'right', or even 'moral' change with time. Remember that less than five decades ago black people were not permitted to vote. In fact, they were even banned from using public restrooms or entering 'whites only' restaurants. Thank God the consciousness of most of the people in the United States and the rest of the world has changed. Though this change took a long time and did not come easy.

Instead, it had to be fought for with blood, sweat and tears. But most importantly, this change in the social, political, and even psychological status quo of the time came about as a result of a few courageous individuals, such as Martin Luther King; who not only had love in their hearts, but also vision, compassion, and insight. Although at the time they were labeled as radicals and even thought to be mad! Yet these individuals helped raise the nation's and even the world's consciousness. Indeed, in my opinion these individuals proved to be *enlightened*. Perhaps both madness and enlightenment are one and the same...

Historical archives also reveal similar situations, as when the church took a dim view of Nikolaus Copernicus' discovery and statement—which defied the church's doctrine at the time—that the Earth and the other planets rotated around the sun. To the church this was not only heresy, but also madness. And because of such claims, the church forced him to recant his statements; or else he faced life in prison! In fact, because of other similar controversial theories, which by the way were upsetting the religious status quo of the time, he was placed under house arrest!

I could go on and on with similar examples, but the point I am trying to make here is that you, as an individual, who has been previously indoctrinated and programmed by those who raised you and helped form your belief structure, character, and even state of consciousness (parents, teachers, clergy, etc.), will *act* and *think* according to your *given* model of reality.

In that regard, those who commit any type of crime or mistake for example, are doing so because given their model of reality, at the time, feel as though what they are doing is justified. To cite an instance, is capital punishment okay? Is killing right? Most of you would say no. But how about if your life or your family's was in danger? How about during times of war? Again, many of you would say that in special circumstances it is acceptable. The rest would say no way—that under no circumstance should a life be taken.

As you can see, these opposing views depend entirely on the state of consciousness of each individual. A state of consciousness resulting from their psychological programming and cultural upbringing. Consequently, we are left with the fact that 'right', 'wrong', and even 'moral' are only relative qualifiers, and even points of view, which are completely based on the mental programming of each individual—nothing more. However, what I do feel is 'wrong'—for lack of a better word—is the *refusal* to at least *consider* other points of view. There is a real danger in this, you see, for it may lead to mental and even

spiritual stagnation; instead of psychological growth, spiritual evolution, and consciousness development.

Although at the present time in our society not much emphasis is placed on consciousness expansion. For most people are caught up with going to work, paying the bills, raising the kids; and whatever little time they have for themselves is spent watching "Who Wants To Be A Millionaire" on television. Dieting and fitness have become the latest trends thanks to the model given by the media of what one should look like. But little or no emphasis is given to the mind. If this was done however, I am completely sure that changes in our society and our consciousness as a whole would not seem so drastic, hard to come about, and take so long. For as we have come to see throughout history, we don't always have all the answers.

The reason I am pointing all of these things out is because what you are going to read in the following pages may upset your views and even challenge your beliefs across a wide spectrum of what you think is right, wrong, or even possible. But before you jump to any conclusions and label what I have discovered as wrong, false, bad, or impossible, realize that you may be thinking so because of your previous mental programming. Don't ever cheat yourself by coming to any conclusions without first making a thorough examination, observation, self-reflection, cross-reference, and most importantly, thought. *Think*. I would like for you to think. But not only with your mind, but also with your heart and with your soul. Then, and only then, can you be sure and certain that you *may* be right.

There is so much information now thanks to the World Wide Web for example, that we should all take this opportunity to look for our own answers about any given matter or subject, in order to make an *informed choice* as to what to believe about it. We can even use all of the available information to learn about other people's cultures and belief structures; and in the process of doing this we may learn more about ourselves. In turn, this would also enable us to *be* and *express* more of who and what we really are. Rather than acting in a manner which our previous mental programming dictates.

Moreover, based on my own experiences and studies, I strongly believe that going to any church, or adhering to what any one book dictates makes anybody more or less spiritual. Instead, the seeking of one's own answers about any subject, and by whatever means, is the only way that one can ever hope to develop and grow—psychologically, intellectually, psychically, and even spiritually. Given these parameters, I feel that the outer seeking of knowledge about anything whatsoever begins when there is an internal and subconscious need and readiness for inner-growth and self-understanding. Thus, the process of seeking any and all types of knowledge ultimately leads one to self-knowledge. However, I have learned that this knowledge gathering is not enough. Because one must *apply* what has been learned into daily life. That is what this 'process' is for. In essence, "Knowledge applied begets experience; ac-

quired experience begets wisdom. Know this and you are on the path to enlightenment”.

So as you continue with your search, I would recommend that you leave all preconceived notions and ideas you may have aside for a moment, and to have an open mind. Realize that the act of learning is an ongoing process, forever unfolding. No one has all the answers; and if they happen to claim they do, they are sadly mistaking. Understand that there is a difference between knowledge and learning. For knowledge implies a state of ‘already acquired’, while learning implies a state of ‘still seeking’. Albert Einstein once said: “The more I learn, the less I understand”.

Learning therefore is a characteristic of what we are—ongoing and without end. In that sense, one never reaches a point of total-knowledge. For that would imply the end or conclusion of something. And as I have come to discover, ‘being’ or ‘isness’, is not finite. Instead, it is both eternal and infinite. In essence, “Enlightenment denotes the realization that one is, and always will be, seeking.” Therefore, in my opinion, one cannot express himself or herself fully and truthfully while imprisoned by a past or present philosophy, religion, or confined system of thought. For consciousness is forever unfolding, and true self-expression hasn’t any boundaries. Furthermore, your particular individuality, personal development, and psychological makeup are all individualized aspects of yourself, or rather of *your* Self—which is always in a state of flux. As consequence, no one truth or path could ever be ‘the end all, be all’. To further elucidate this point let me present you with the following example.

It is very likely that long ago, some individual searching for answers about who and what he was, the nature of reality, creation, the purpose of one’s existence, and even of who or what God is, began a lifetime of study and self-reflection. As consequence of this he found his own answers. These insights led him to have some transpersonal experiences. After this he began sharing his findings with others. And because of this it wasn’t long before people started thinking of him as a philosopher, and even made him into a mystic. The people whom inquired most about his lifetime of self-acquired knowledge, insights and experiences became his students and followers.

Then, following his death, the followers took ‘his’ way of looking at reality, ‘his’ insights, ‘his’ philosophy of life, ‘his’ experiences, and turned these into a doctrine, dogma, and even law. Consequently, a system and perhaps even an institution were founded. So what began as a personal and intimate way of doing something or looking at things—born out of one man’s quest for knowledge and resulting personal experiences—has been transformed into a structured, complete, organized, and fixed body-of-knowledge and system-of-thought. Maybe even a religion! Because of this, this one man’s ongoing development, self-evolution, personal growth experiences, and interpretation of reality—at *that point in time*—have become crystallized and frozen in time. The well-meaning followers then stay stagnated and do not grow or seek any

further, for the 'way' of their guru 'is the only way'.

As it turns out, this 'stagnation' is what has been, and still is, at the forefront of religion, science, politics, and even daily life. For most individuals in the world today are much like the followers I just mentioned; who feel as though what has been written twenty years ago—or two thousand years ago for that matter—must still be rigidly adhered to and followed. They believe that the status quo must be kept, for that's the only way that it could or should be. Perhaps they don't realize that the consciousness of people does and must change with time. We all know—at least I hope we all do—that the consciousness of people today is not the same as it was two hundred years ago. Let alone thousands of years ago! Yet many believe that some things should remain the same. Unfortunately, oftentimes they do.

I mean don't get me wrong, nothing ever remains in a state of static. But change sometimes takes lifetimes—when it could come about much sooner, say within one lifetime. It is very much like the old saw that goes: "Old habits die hard." Indeed, we are creatures of habit. Luckily however, some individuals including religious leaders, scientists, politicians, etc. have begun to realize that it is okay—in fact, that it is a must—to question and even challenge age-old thoughts and beliefs—the status quo. And, in my opinion, this is the only way that we, the human race, can ever hope to continuously and further evolve.

Well, with that in mind, I have realized that 'reality' is relative to the observer, and depends upon the development, evolution and conditioning/programming of each individual. So, in a sense, there can never be one absolute reality. Instead, there are only *individually* perceived realities! This may come as a shock, but nonetheless is true. For one tends to experience what one is ready for. The reason I am bringing this up is because I have noticed that this particular peculiarity is especially pronounced when it comes to higher-knowledge. You see, your perceptions are based on your beliefs. And your beliefs come from your mental conditioning. In other words, your mental conditioning colors your perceptions, which in turn become the reality you experience. Therefore, life experiences other than the ones you have been having throughout your life will seem impossible for you to have or experience, if you continue to hold the same set of limiting beliefs.

Consequently, if you were conditioned to think that something is not possible to do or experience, and continue to believe this, then *that* will be *your* experiential reality! In that sense then, you will be locked out of that particular room or sphere of experience. And as I have come to find, there are an infinite number of rooms or realities (this term also applies to the reality of being poor, the reality of being rich, the reality of being emotionally fulfilled, etc.) and even worlds and universes, that exist and can be experienced—if properly trained and sufficiently developed; both psychologically as well as psychically.

The first and most important step in the pursuit of this endeavor however, is to start perceiving reality through a *new* set of beliefs. Or even better with a

beginner's mind. An old Zen phrase goes: "In the mind of the beginner there are many possibilities." Indeed, the implementation of this one idea alone can help along one's consciousness greatly and out of stagnation. Another way I have found to get around this mental, emotional, and even spiritual stagnation is to absorb and integrate what one finds useful within any philosophy and/or religious/spiritual path and discard what isn't. In fact, this knowledge gathering should come from as many sources as are available.

In other words, don't try to fit into a system of thought; rather make the system fit you. Simply use it, until you outgrow it. And don't worry by thinking that this may lead you astray or into a directionless, thoughtless, or unstructured path. Because you see, there is a meaningful difference between 'without form' and 'formless'. The first, 'without form' implies a state of chaotic stupidity. The other, 'formless' denotes transcendence. Likewise, don't confine your Self. Rather, *expand it*. Do not imprison your mind with the 'truth' someone else has given you. On the contrary, develop *your* own avenues of self-discovery on a continual basis. As opposed to living and following someone else's doctrines. In that sense, find *your* own truth.

But this is to be done only if you are interested in your own mental development and spiritual evolution. If you are happy and feel safe where you are now then by all means stay there. There is nothing 'wrong' with that. But if you are awakening, such as I am, then by all means continue to unfold.

Don't be afraid of outgrowing your ever evolving Self. Don't be afraid of upsetting your own, or someone else's for that matter, status quo. With that in mind, one could also define spirituality as the *search* for what works for each individual and what doesn't.

Once you start your search, the time will come when after having had a number of new experiences—which will come about as you seek out your own answers—you will begin making choices and decisions based on your newly acquired state of consciousness, and not based on your previous pre-programmed one. In turn, you will suddenly find that you are beginning to *think* and *feel* based on *your* own experiences and self-acquired knowledge, and not based on someone else's!

This is the point you want to reach and must strive for, having arrived at it you will find that you no longer need a teacher or a guide. In fact, you have now become your own teacher, and have a pool of experience and self-acquired knowledge to draw from. Hence, you have deconditioned yourself and are now free of your previous mental programming.

Since no teacher can teach a student at this level, it can then be said that the essence of spirituality and being, 'truth', if you will, cannot be taught. Instead, it must be 'caught' through self-experience. Kahlil Gibran eloquently expressed a similar idea in his classic "The Prophet", and I quote: "No man can reveal to you ought but that which already lies half asleep in the dawning of your knowledge. The teacher who walks in the shadow of the temple, among his followers,

gives not of his wisdom but rather of his faith and his lovingness. If he is indeed wise he does not bid you enter the house of his wisdom, but rather leads you to the threshold of your own mind."

Ironically, this is exactly what 'plant teachers' and some psychedelic substances—when taken in the proper context—do. In fact, two individuals—two real spiritual giants and not *pseudo* religious leaders expressed the following. Jesus said: "The kingdom of Heaven is within you." Buddha said: "Look within, thou art the Buddha." And what they meant was the same. Indeed, the true essence of the universe and of creation itself lies within you. *Not within the walls of any institution, organization, or sect.* Therefore, you and I are both parts of the 'whole'. That means that each one of us and everything around us is God. *You are God!* You are a creator. So don't be afraid of *creating*. With that in mind, go ahead and create *your* own philosophy and define *your* own spirituality. Live your own life! Stop so-called 'religious authorities' and other self-appointed 'leaders' from controlling your mind and *dipping into your wallet*. Wake up from the hypnotic-like state you have been put under! Believe me, you don't need a self-appointed 'intermediary' to contact your source-self—God.

Furthermore, by expanding our consciousness each one of us will begin to breakaway from the current social, political, and religious status quo and start to voluntarily adhere to and form a new one based on spiritual unity, and not on socio-political or religious affiliation. Because of this, change will then come about naturally.

I hope you realize by now that most leaders whether religious, spiritual or political, set up their own doctrines, set of rules and regulations for people to follow because they know that most people don't do much thinking; therefore have to be fed something as well as given a direction or path to follow. That's why and how these individuals become leaders. It is okay to be a follower if you want to be one. Again, there is nothing 'wrong' with that. But at least become aware of this fact. That's the reason why there are so many organizations in this world—because there is that many people that can be *manipulated* to serve each organization's end. These leaders don't like, nor want individuals to develop past a certain point, for then they will *outgrow the organization*. And an organization *needs* members in order to survive. Therefore, mental stagnation of their members, even through fear and at the cost of their spirituality is what these cunning organizations use in order to continue on. Again, it all boils down to control—mind control.

However, said control is harming us. It isn't helping. Just turn on the evening news any day of the week and take a look at the current situation we are facing. Therefore, I feel that it is time for things to start changing—once again. The current psychological status quo must be changed. We must all acknowledge our true divine heritage and unity. And the only way of doing this at this time is by *expanding* our current state of consciousness. I am sorry to say that there are no shortcuts or quick fixes, as we have come to rely upon in our

*Dedicated to past, present and future shamans. The
courageous and pioneering explorers of hyperspace.*

society. The condition must be treated and not masked, for then it will always come back. Accordingly, this change of the 'whole' must start with its 'parts'. And these parts are each one of us.

Besides, since we have fallen so low in the ladder of spirituality, and truly forgotten who we really are and where we come from—suffering from an acute state of 'spiritual amnesia', if you will—then perhaps something as 'radical' and 'mad' as the use of certain psychedelics and plant teachers—in the proper context—may be the answer. And perhaps spiritual awakening, self-realization, solidarity, and even enlightenment may be the result.

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The concepts and ideas I have just presented are probably a revolutionary, individualized, and radical approach to spiritual development. But I feel that at least it's an *honest* one. Believe me, I know that not everyone is ready or spiritually mature enough yet to start living by these principals; or taking on these types of studies. For it takes a high level of psychological and emotional maturity to derive their psycho-spiritual benefits. You may or may not be ready. However, sometimes it takes someone or 'something' to remind oneself of its true nature. In that regard I have been very lucky, for I have been reminded.

I sincerely hope that these words and the ones that follow help you in some way along your journey.

Glossary

Astral Travel: The ability to leave the physical body and explore the astral dimension. This has become almost a generic nomenclature for all types of non-physical exploration. For example, out-of-body experiences (OBE's), mind travel, soul travel, and even near-death experiences (NDE's) are generally identified with this term.

Baseline: The normal state of consciousness of a person prior to ingesting a pharmacological substance and/or experimenting with a brain technology device.

Binaural Frequencies: The resulting frequency signal that the brain 'hears' when two separate but slightly-off sonic frequencies are presented to it via headphones. Similar to the wavering 'wha-wha' sound that is heard when tuning up a stringed instrument that is slightly out of tune.

Brain Technology Devices: Special instruments that have been created with the express purpose of affecting brain functioning, so as to induce altered states of consciousness.

Hallucinations: Visual constructions made up without the use of the physical senses, but rather projected by the mind.

Hemi-Sync®: The term coined by consciousness exploration pioneer and author, Robert A. Monroe. It stands for hemispheric synchronization and it is a state of brain functioning where both brain hemispheres pulsate in synchrony. This state is effortlessly accessed by the use of binaural frequencies, which hemi-sync tones produce.

Hallucinogen: A pharmacological substance or plant that induces hallucinations.

Lucid Dreaming: The ability to know that one is dreaming while still dreaming. This ability may be acquired through the use of specific mental exercises and/or brain technology devices. It is also known as dream travel and dream yoga. However, it is a type of OBE.

MAO and MAOI: Stands for Mono-Amine-Oxidase and Mono-Amine-Oxidase Inhibitor, respectively. MAO is an enzyme in the human body that breaks down a number of chemicals and foods. If one has certain foods or chemicals in the body while taking an MAO inhibitor (MAOI), these will not be metabolized, which in turn can result in a number of negative physiological conditions ranging from physical discomfort to death. (For a list of some MAOI's see chapter 5)

Neuroelectrical Stimulator: A type of brain technology device that is attached to one's temples or the earlobes and which stimulates the brain to release a number of neurochemicals, including dopamine, acetylcholine, beta-endorphin, etc.

Neuron: Nerve cells that compose the spinal column and the brain.

NMDA Receptors: Stands for Noncompetitive-N-methyl-D-aspartate—a

group of receptors in the brain where it is believed that psychopharmacological substances such as ketamine, PCP, and dextromethorphan bind; thereby eliciting psychedelic/hallucinogenic effects on the user.

Limbic System: A group of interconnected brain structures.

Onset: The point at which mental effects begin manifesting themselves by using the substances or devices discussed in this book.

Overmind: Also known as higher-self, entity, or oversoul. It is a source-fragment from the I-Self (God) which is composed of nine QPSYEMP's (see below "QSYEMPS"). Each of these nine units can and do split into nine additional QPSYEMP's (into infinity) so as to explore probabilities.

Peaking: The maximum point of mental effects that is reached during a psychedelic or hallucinogenic experience.

Parallel Universe: An alternate physical universe whose molecular structure, vibratory rate, and even speed of light are different than our own. The theory of these alternate universes has been discussed and for the most part even accepted as facts in the new physics.

Plateau: The period of time that a brain technology/pharmacological substance user spends at the maximum mental effects elicited by said substance and/or brain technology device.

Probable Earth: An alternate version of planet Earth that exists in a parallel universe, and which is inhabited by probable 'versions' of us.

Psychedelic: From the Greek 'psyche' (soul) and 'delein' (to make manifest). A word coined by researcher Humphry Osmond in 1956, used to describe substances that alter perception.

Psychodynamic Frequency Domain® (PDFD®): The term used and coined by the author to describe a field of experiential action where ideas of a consensual nature have coalesced due to the thoughts and beliefs held by its inhabitants. Our physical dimension (including the universe and planet Earth) and our version of mass reality are a PDFD. However, there are an infinite number of other worlds and dimensions (PDFD's) within the 'space' of our planet alone.

Psychodynamic Signal® (PdS®): Another term coined by the author that describes an exclusive subsonic frequency, which resonates and permeates a PDFD. This signal is emitted and received by all of the manifestations in a particular PDFD, thereby keeping the consensus and material constructions of said mass version of experiential reality coherent and stable. Therefore a PdS is what maintains any particular PDFD. In that sense a PdS and a PDFD are both one and the same.

Psychonaut: From the Greek words 'psycho', meaning mind, and 'naut', meaning navigator. A human being who uses his or her mind to explore the landscapes of the psyche as well as hyperspace. Shamans and mystics for example, are psychonauts.

Psychodynamic Integration® (PDI®): Coined by the author to describe the

ability to merge one's consciousness with the mind and body of a probable self, and even with the consciousness of non-human entities.

Psychoportation® (PSP®): A new term coined by the author that describes the ability to send one's mind across hyperspace. It is a high-tech approach to the ancient art of astral travel, but used exclusively to explore the quantum realm of probabilities where probable Earths exist.

Psychocyberdynamics®: A science and philosophy developed by the author. It features a number of different mental exercises, which when combined with brain technology devices and psychedelic and hallucinogenic substances, enables one to accelerate the development of psychic, creative, and higher states of consciousness.

Quantum-Psycho-Energetic-Meta-Wave-Particle® (QPSYEMP®): [pronounced sci – emp] A term coined by the author that is used to describe subatomic wave-particles (similar to clones of ourselves), but which lack ego and personalities. QPSYEMP's are not anthropomorphic (human in form). Instead, they are similar to tiny sparks of conscious creative energy that travel at superluminal (faster-than-light) speeds, as well as throughout all dynamics of hyperspace. They are created each and every time sentient creatures (humans and animals for example) are faced with a choice and/or a desire. At that moment they split from one's consciousness and actualize all possible and probable outcomes of any given choice. In order to enter a particular PDFD however, or to form their own, QPSYEMP's must slow down to that particular PDFD's speed of light. Moreover, QPSYEMP's have the ability to become probable versions of any given sentient creature and exist independently of him/her/it in a parallel universe/probable Earth.

Reticular Activating System (RAS): A network of cells and nerve fibers that compose part of the brainstem.

R.E.M: Stands for Rapid Eye Movement. It is a stage of sleep that all mammals engage in, about every ninety minutes throughout the night.

Remote Viewing: A specific set of protocols or procedures developed by gifted psychic Ingo Swann for the purpose of training non-psychic US military officers in paranormal/psychic functioning. Remote viewing is the same as ESP (extra sensory perception) and allows an individual to sense and perceive information in a controlled manner, about a specific target (a human being, material structure, or event) regardless of space and time.

Synapse: The connecting region where electric-like nerve impulses travel between axon terminals and neurons.

Temporal Lobes: Brain structures located within each brain hemisphere that are responsible for hearing.

Hallucinogens/Psychedelics (author's interpretation): Pharmacological catalysts which alter the normal everyday neurological processing (and construction) of perceptual, visual, and experiential data. As these substances are

being metabolized in the brain, they enable an individual's synapses to by-pass this PdS and tune in to alternate frequencies; thereby constructing and perceiving alternate models of our experiential and consensual reality, such as parallel universes, probable Earths, etc.

INTO THE VOID

*“Only those who will risk going too far can
possibly find out how far one can go”*

T.S. Eliot

Prologue

*"We've now reached the point where the stuff
you can buy over the counter is stronger than
anything you can buy on the street."*

Dennis Leary

It is 3:30 in the morning and I have completed my third REM sleep cycle. Having ingested 1,300 mg. of dextromethorphan HBr about half an hour earlier, I attach the electrodes of the neuroelectrical stimulator to my temples. It is set for a pulse repetition rate of 111 Hz. and a width duration of 550 milliseconds for forty-five minutes. As soon as I turn it on, I begin to feel a gentle buzzing sensation in my head. Next, I switch on my voice-activated tape recorder and press the play button on the audio console, which contains a cassette tape embedded with binaural frequencies. Finally, I put on a pair of headphones and get comfortable on my home office recliner.

In a matter of moments, thanks to the special frequencies on the audiotape that is now playing, both of my brain hemispheres begin to pulsate in unison almost effortlessly. As the music flows through the headphones, I begin to feel it becoming part of me—blending with my heartbeat, pulse, breath and brain pulses. As I mentally let go and relax, my breathing becomes calm and effortless. With each exhalation the sound seems to resonate inside my very cells. Waves of subtle but electric-like energy commence to run up and down my spine. Having trained myself in biofeedback and self-hypnosis, I begin to regulate some of my biological functions. Inwardly I say, "Pulse, calm... and regular..." "Heart rate, slow... down..." And it comes to pass.

I then picture in my mind's eye the rolling waves of an ocean shore gradually becoming calmer and calmer. The purpose of doing this is that of slowing down my brainwave activity, so as to enter an altered state of consciousness. After a few minutes my pineal gland begins to secrete tryptamines—the body's own natural hallucinogens. Also, the dextrophan (DXO) and DXM molecules commence to occupy my NMDA brain receptors and I begin to feel the familiar effects. (The body metabolizes DXM almost entirely into DXO.) Both

dizzy, nauseous, and euphoric I embrace myself for what is about to come. Because of the grogginess of the altered state at times I speak into the tape recorder in a slurred manner.

"Into the void: Se-...ssion number forty-....one. Voice journ-....al en-try....date: March 2, 1999. To- ...night I....am ex-.....perimenting with DXM together with neuroelec-.....trical stim-.....ulation and binaural frequencies. The audiotape I'm using is Monroe's Hemi-Sync Free Flow 12. With this combination I am hoping to induce and retain a hyper-lucid out-of-body state with total awareness of the process that takes place right before, during, and after the separation of my consciousness from the physical body. I also want to be-...come aware of the process..... in-.....in-.....volved as my..... my.....con-.....sciousness.....shifts.....from this....psychodynamic frequency d-d-.... domain..... to..... to..... a-....a-....another. Theoretically, be-....cause.....of.....the.....ef-.....fects.....tha-.....that.....neuroelectrical stimulation has..... on..... the neurochemicals responsible for memory it should help me accomplish this. To-...night, my de-.... destination is no-.....where in par-...ti-.....cular, for it seems that I cannot communicate my intent to this substance at such a high dosage.

At this dosage DXM seems to have its own agenda. So I guess I'll end up some-....somewhere over the rainbow..... Just kidding I mean s-some-..... where in hyperspace. Wow, I... I am start...ing to feel really dis-....dis-...socioated, so I.....I....will get on with-with the preliminaries of the ex-.....ex-.....exploration. Who am I? Where am I? What am I doing?" I ask myself inwardly. "At this moment, my name is Joey, I am thirty-three...years old... I live... on planet Earth..... At this moment, the year is.... 19-....9-....9, and.....I.....am.....conduc-.....duc-ting.....uh.....uh.....a.....psy-.....psy-.....ex-.....uh.....ex-.....p-p-p-.....periment....."

By this time over two hundred neurochemicals including the ketamine-like substance DXM/DXO are furiously coursing my neurological pathways and acting upon my limbic system. Tiny electrical currents are passing information between my brain's neurons as they leap the gaps between my synapses; resulting in an array of complex patterns. This process evokes electrical potentials that enable me—through my visual cortex—to 'see' the changes now taking place inside my brain.

My temples have become numbed because of the pulsating neuroelectrical stimulation. This type of stimulation is activating my temporal lobes in an unusual manner, which in turn results in a series of eerie sensations. In addition, DXM together with neuroelectrical stimulation may also be responsible for the unusual hyper-cognitive faculties that my reticular activating system is bestowing upon my sense of awareness.

My body is warm and completely paralyzed and is starting to vibrate. It feels as though some kind of electromagnetic force is going through it and around it. I note my breathing becoming shortened and I feel as if grasping for air, yet I can still breathe okay. Apparently, this seems to be some sort of involuntary reflex that I haven't noticed before, yet now I'm aware of it.

I also note an electromagnetic-like pull on the upper portion of my right brain hemisphere. This effect is probably just the result of the combined interaction between the electrical charges emanating from the neuroelectrical stimulator, the binaural frequencies, and my now altered neurochemistry. Nonetheless, this phenomenon is and feels very interesting. The feeling is similar to that of putting together two magnets close enough and noticing the magnetic field/attraction between them. This doesn't hurt at all, but it sure feels weird.

As all these processes continue, I begin slipping in and out of consciousness and commence to hallucinate. Behind my closed eyelids I start seeing intricate wave-like patterns, and also what looks to be white-noise crackling points of light. There is also a ringing in my ears that gradually turns into a roaring wind; which completely drowns out the binaural signals coming through the headphones. As the sound of the strange but familiar wind becomes louder and stronger, I feel as if my very essence is about to be ripped out. Eventually the roaring turns almost deafening, and the wavy patterns and crackling points of light begin to morph into alien landscapes and anthropomorphic-like shapes. Now hundreds of images, including those of human faces, begin to sequentially manifest in front of me, together with the sound of at least that many voices. But the voices sound as if a recording of them was being played on a cassette player on reverse. Then, gradually, the sequential changing of the images accelerates to the point where they become nothing but a blur.

While this is happening, I realize that I can see right through my eyelids! For I can see one of the lamps that hang on my ceiling, even though my eyes are shut. I also notice bright flashes similar to lightning bolts, which appear to be coming from behind my eyeballs—producing sort of a strobe-like effect within both my inner field of vision as well as my hearing.

Ultimately, these syncopated sounds and flashing lights come to a magnificent crescendo. Louder... brighter... louder... "Oh God, make it stop!" I hear myself inwardly scream; for all this is just too overwhelming for me to handle psychologically. Moreover, my eardrums and eyeballs feel as though they are about to burst. Still, it becomes louder...brighter... louder..! BRIGHTER! LOUDER! BOOM!!!!!! There's a deafening explosion. Then there is silence. Now the only things I hear are my thoughts.

"Peaceful..." "Tranquil..." "Free..."

The proverbial ghost is out of the machine. I find myself floating in an abyss of 'nothingness'. It is dark, very dark, and there is an indescribable sound of silence permeating this 'place'. Apparently, I am inside some type of 'tunnel'

that seems to be made out of solid nothingness. I know that doesn't make any sense, but that's the only way I can describe it. What I mean is that although it looks, or rather feels, like the inside of a dark cave, and it appears cylindrical in some way, somehow I sense that in reality my brain is manufacturing certain impressions that my mind is transmitting to it.

In other words, my brain, while processing said impressions is associating these qualities with stored data from *my* memory banks, which are based on *my* preconceived notions and ideas of what something 'dark' and 'leading somewhere' could be, or should look like. In this case: 'cylindrical shaped tunnel'. Someone else may associate said impressions with 'long dark corridor', instead. Apparently, I have become aware of the mechanics involved in perception.

After some time, how much I cannot say, I begin to discern a play of fluorescent-like hues in the distance. As I begin approaching them my speed increases and the luminescence becomes even more striking. The lights start to take form. Now I can clearly see endless, interconnected, neon-colored tube-like structures filled with dazzling and shimmering lights, magnificent in splendor and scope. "God, this is so beautiful!" My mind fervidly exclaims. By this point I am traveling so fast, I mean so very fast, that I begin to feel a little too overwhelmed. So I try to close my eyes, but curiously find that I cannot do it. In fact, I can see in a 360-degree angle. While this is taking place it suddenly dawns on me that I am traveling through the wormholes and blackholes hypothesized about in quantum physics! Words cannot begin to describe the awe and excitement that my mind is experiencing at this stage of my voyage. For I feel my consciousness not only accelerating, but also merging with the infinite. Sharply cognitive of what is taking place, I continue racing through the fabric of space-time, at what I somehow know to be is the speed of light.

After doing this for what seems to be an instantaneous eternity, the velocity takes on a different characteristic. Now, instead of moving forward from one point to another, I feel my awareness expanding in all directions at once. No, is more like it is *exploding* in all directions. Yeah, that's a better description. By this time I intuitively know that I have accelerated past the speed of light. I am now traveling at the speed of thought! This is so hard to verbalize, but it is as if I am no longer traveling on the curvature of space, but rather, I am swirling or oscillating right *through* it. In that sense, my consciousness is slicing its way through multiple membranes or layers of realities that exist *within* our 'reality'.

Mentally I keep repeating: "Who am I? Where am I? What am I doing?" The reason being that if I don't, because of the nature of what I am doing, I will lose my sense of human identity and conscious awareness. "My name is Joey! My name is Joey! I am thirty-three years old. The year is 1999. I exist on planet Earth, and I am psychoporting!" "My name is Joey!" "My name is Joey!" "I am t-...!?!?" Before I can finish the sentence and almost instantaneously and rather abruptly, I cease the oscillating/swirling-like expansion.

Once again everything is dark... completely dark, silent, and at a death-like

standstill. "Who am I?" "Where am I?" "What am I doing?" Before I can answer, and while I am repeating those thoughts in my mind, I am jolted.

"Max... Max! Are you listening to me?"

"Uh?" Is my only reply.

I suddenly realize that I am standing in front of a store window staring at a bunch of shoes. There is a woman standing next to me calling me by a different name. She looks to be in her mid-fifties, and has short, dark, wavy hair draped over a heavysset frame.

"The reason I brought you shopping with me is so that you can help me choose a new pair of shoes. So help me choose! Which ones should I get? The beige ones with the cute fringe, or the dark coffee ones?" She insists.

As I look around, I notice that I am on a busy downtown metropolitan area. The murmurs of people talking and walking by, as well as the sounds of cars and traffic immediately come into my awareness. While I'm taking all of this in, I continue to watch the woman and my new surroundings in amazement. To test whether or not I may have fallen asleep, and consequently perhaps having a lucid dream, I decide to run a couple of reality tests.

For this purpose I mentally start to imagine myself beginning to float up in the air. The reason being that if I do, since that action can't occur in physical reality, then that would indeed indicate that I am dreaming. However, after doing this for a few moments nothing happens. Still, not wanting to take any chances, I run a second reality test. This time, I hold my left hand up, look at it, and then close my eyes. I do this two or three times and try to see if it changes in any way. While I'm doing this the woman I've just met is staring at me in stupor. Since my hand retains its normal shape, I realize what is happening.

"Quick, what year is this?" I immediately demand.

"What? What do you mean?" She asks dumbfounded.

"What year is this?!!" I ask again.

"MX 219." She replies matter-of-factly with a look of surprise.

Based on my previous explorations, I know what has happened. I, or rather my mind, has momentarily yet thoroughly integrated with the mind and body of one of my many probable selves, which lives independently of me in one of the thousands or perhaps even millions of probable Earths that I have come to learn exist. I, of course, am very excited and amused by all of this. But my companion isn't. Excitedly, I continue to inquire.

"What's your name?" With a look of disbelief the woman answers, "Helen; Helen McCullan, your wife! Are you feeling okay Max? What's the matter with you? C'mon now stop it, you're scaring me!"

Excited by the realization that I am on a probable Earth, and not wanting to waste any precious time, I dart off and start looking around for a landmark and/or street sign, so that I can later record it. I then notice a newspaper stand about fifteen feet away from me and head towards it. Carefully looking at the various magazines and newspapers, I read one of the titles and make a mental

note to remember it. The title reads: "The Olympian", and the date on it is "MX 219". I also see the picture of a small group of people in suits and the headline: "President Tate Edson to vote on the Miranda bill." While I am doing this, I remember the woman whom I have just met, and consequently begin worrying that she might start thinking that her husband Max, whose mind I have momentarily integrated with, is acting a little too strange. So I run back to her to try and subside her worries.

"Listen, uh...? What was your name again...? Oh, Helen! Tha-That's right, of course! Ha, just kiddin'! I'm just playing around, you know, just acting silly. So humor me, Helen. What planet is this?" I ask.

"What?!!" She shouts back at me.

"Please, just answer me! I'm-I'm trying to... tell you a joke." I facetiously continue.

After a couple of seconds of silence, and wearing a thin smile on her face she answers, "Tathalamis." To which I excitedly and loudly replay, "Really? That's fascinating!!!"

Right at that instant, because of the excitement I was experiencing, I begin to regain my physical awareness, and my home office surroundings start coming into focus. All of the details of my exploration and psychodynamic integration (PDI) with Max McCullan are still in my memory, as are some insights of what has taken place. But the transition to my layer of reality turns out to be tricky though. For I notice that everything around me seems to be vibrating very fast. In fact, I have a hard time making out the numbers on my office's digital desk clock. All I see is a vibratory blur. So, I groggily get up from my recliner, and slowly and rather clumsily stumble towards the kitchen. The reason for this is that there I have a pretty big sized clock hanging on the wall, which has thick black numbers on it; and I reason that I should be able to see its numbers much better than the small numbers on my office's tiny clock.

However, I realize something strange. I have taken two steps—*only two steps*—and I have arrived at the kitchen. When in reality there's at least twelve good steps between the kitchen and my home office! I immediately conclude that my brain is not in sync with my mind and what I have perceived. Because you see, my brain apparently only registered steps number *two* and number *twelve*. The other in between steps were lost. Yet I experienced normal time! What I mean is that I mentally felt about thirty seconds go by before arriving at the kitchen. But in those thirty seconds it both cognitively seemed, and physically felt, as though I had taken two steps and then, boom! I popped up in the kitchen.

I speculate that this phenomenon might resemble something similar to 'missing time'. Except that instead of hours or minutes, I only lost seconds. But not time-seconds; rather space-seconds. I know this is kind of confusing, but it is as though space folded or warped; therefore the usual space-time was disrupted. However, mind-time continued and kept track of the space-time (thirty seconds

worth) that was skipped over and therefore lost.

Another unusual thing is that although my sense of balance, coordination, and physical condition resembles one of a massively inebriated state (like if I had drank at least two bottles of Southern Comfort!), my inward 'being' (perhaps my mind or 'Self') is hyper-lucid and cognitive—and therefore catching all of the mistakes that my brain is making. Furthermore, it feels as though the input data that my senses now perceive is being processed through other parts or 'channels' of my brain than the usual ones. It's as though the regular channels utilized by my brain for everyday cognition are not accustomed to this type of information transference, and are therefore screwing it all up. On the other hand, the alternate channels now being used, is what's allowing me this type of new and different cognitive hyper-lucidity.

Anyway, I carefully make out the numbers on the clock, and although everything is still vibrating almost supersonically, I finally and successfully determine that it's six thirty-five in the morning. All of this time, after having returned from the probable Earth called Tathalamis, there's been a very noticeable ringing in my ears, similar to tinnitus. But this ringing sounds as if it's phasing or flanging, and the pitch is rapidly modulating in a multitude of musical keys. I can best describe it as the sound of piccolos traveling through undulating and vibrating musical springs.

This sound effect however, isn't really that bothersome to me. In fact, not only is it rather humorous—almost in a cartoonish way—but I have encountered similar sounding frequencies in the past. Although it makes for a hell of a background soundtrack for what I am now experiencing. In a way, it's almost as if an aspect of myself was always toying with me right after I return from a psychonautical voyage using certain substances. At least that's one of the insights that come to mind. Another theory I have is that the binaural frequencies I sometimes use in my experiments are somehow retained in my brain's short-term memory banks, and are then replayed inside my head in a distorted manner. Thus eliciting some rather unusual psychoactive/acoustic effects on my consciousness.

As I'm returning back to my home office I'm in for another surprise. 'I' am standing next to the recliner smiling at 'me' coming from the kitchen. In other words, there is a twin of 'me' looking back at me. This other 'me' looks so real, that it's almost as though I was looking at my reflection in a mirror. But the instant I become startled by this particular occurrence, I become the 'me' that's standing next to the recliner, smiling at the thought of this episode, which has just popped into my mind! However, this visual hallucination is completely three-dimensional and lifelike. For lack of a better word it seems real. Or is it? Nonetheless, just when I think I have figured out what is happening, I again experience this strange phenomenon—which I must emphasize looks and feels utterly real. To give you an idea it's almost as if you were watching a two or three second snippet of a movie scene over and over and over again. But you

were both watching the movie and *inside* the movie.

As this phenomenon repeats itself a number of times—seemingly out of my control—I start becoming very concerned. For I start thinking that I may have been caught up in some sort of weird neurological memory warp or loop that's beyond my understanding. Then, when my fear intensifies to the point of terror for having lost control of my mind, this hallucination comes up to me, puts its right hand on my left shoulder—which I can clearly see and completely feel—and speaks to me while I hear it in shocking disbelief.

"There are more psychological frames of reality than meet the conscious mind. This is but a small yet excellent example of this fact. You are beginning to successfully perceive alternate neurological pulses, which are in sync with what can be called for now 'probable' events. This event is for your education and benefit. But I am not a figment of your imagination, nor am I a product of your intoxication. I'm just as *real* [his emphasis] as you are, but I am a further developed version and extension of your *Self*.

I exist on another psychological frame of reality or space-time continuum, just as you exist in yours. I have psychoported here and was psychodynamically integrating with you as you did earlier with Max McCullan. But I was doing this a number of times simply to jolt your awareness and attention. Forgive me for scaring you. You may experience yet another mild state of shock, shortly. But this was a necessary deed on my part so as to help you understand and also remember this event; as well as help you fully integrate it into your current state of consciousness.

At this time this encounter between us is occurring in your waking state because our space-time continuums are rapidly aligning with each other, and about to merge. Moreover, because of your experiments, you have in fact begun to *see* beyond the illusory nature of *your* physical dimension. The notion and further understanding of what I am saying to you now, and what has taken place here today, will become increasingly apparent to your conscious mind as you continue to further develop—psychologically and neurologically.

There are an infinite number of doorways within one's mind, which lead to countless alternate dimensions, worlds, and realities. Earlier you happened to visit another one of them. You and I both exist in others. You are doing fine in your progress. By the way, the others say hello. You should record the details of this event. If you choose to do so, you will find that after our meeting concludes, each and every word that I am now speaking to you will be available to your conscious mind. Likewise, starting right now, you will also begin changing more rapidly and in many important and beneficial ways than you have done previously. More information of this nature will be given to you from this point on. I know what you are going through right now, Joey, but you have to be strong. Remember, *you* are in control."

All of a sudden this 'twin' isn't there anymore. It's just me standing alone in awed silence. As you can imagine, what I have just seen, heard and experi-

enced profoundly shocks me. All at once, there are a number of questions running through my mind. "What did just happen? Was it real? Did I imagine that? Am I awake? Did I hallucinate that incident? Could it be that I'm dreaming all of this? Or, could it be that I have somehow lost contact with the boundaries that exist between my conscious and subconscious mind?" I keep asking myself. Ironically, these are some of the same questions I asked myself after having my first out-of-body experience (OBE). But then I came to terms with the fact that it was real. Now this...

I mean, by this point in my development, I was comfortable enough with having OBE's and lucid dreams "out there" in hyperspace. But now, I find myself having this bizarre type of experience "here", while I'm awake and in physical reality, with a supposed 'me' from the future...! Now one thing is reading about the hypothetical existence of probable realities and probable selves—as I had been doing at the time because of my research. Another is to watch a sci-fi flick about it. But to come face to face with a supposed alternate version of you, *while being awake and in plain daylight*, is something completely different and rather hair-raising. Believe you me.

But, could I really be awake? Or, could this be some type of lucid dream that I've never experienced before? No, the scary and eerie fact is that I am awake and also heavily intoxicated. But as mentioned before, I am *extremely* lucid and cognitive. Moreover, the words of the information I have just received are still resonating inside my head, just as 'he' said they would be... This gives me shivers, which I can clearly feel run up and down my spine. I have been shaken to the soul. "My God, I am awake! This is real!" I conclude.

Making a tremendous effort, I try to calm myself down by taking deep breaths. Because by now, I am in such a strange and unfamiliar state of heightened emotions, that I can barely hold back screams and tears. In that sense, I no longer feel in control of my emotions. I also feel as though I'm on the verge of somehow 'loosing myself'. In addition, I notice that most of my facial muscles are twitching; and the temporal, frontal, and occipital lobes of my brain feel as though they are quivering. Thus, I intrinsically begin to worry—wondering if I could be having a seizure. Perhaps these bizarre aftereffects are due to this particular experiment, in which I have combined neuroelectrical stimulation, binaural frequencies and dextromethorphan.

"This time you've done it, Joey. This time you've really done it! You have succeeded in frying your brains!" I shockingly think to myself. "Shit, what am I going to do now? This is definitively not turning out as I expected it to. Definitively not!" I continue in desperation. As I border on the brink of hysteria, I notice that my body is starting to shake uncontrollably. This is followed by a realization and clear perception that chunks of the room in which I am standing in, including its empty space, are beginning to abruptly disappear. It's as though I am about to be swallowed by a blackhole. Psychologically and emotionally it feels as though I'm one step away from a mental breakdown. But then the

words of T.S. Eliot run through my mind, "Only those who will risk going too far can possibly find out how far one can go."

I believe that if it wasn't for my past psychoportation experiences, as well as my training in biofeedback/meditation, I would go into complete shock and even worse. Still, I continue to tell myself that everything is okay—although by now three-quarters of my apartment and over half of my body have disappeared—that I'm in control, and that I must relax. But most importantly, that I have to be strong enough, so as to keep a clear mind and record all the details of my experiment and resulting experiences. In fact, recording the details of my experiments is the second most important reason for me engaging in them. The first being the experience itself. This is because I want to learn as much as I can about the nature of the human mind and of the physical dimension.

Eventually, after a few more deep breaths, all of my surroundings, including my physical body, begin showing characteristics of normality once again. This helps me center my senses and myself somewhat better. I also wiggle my toes and fingers, and even begin humming from memory one of the McDonalds jingles: "You de - serve a break to - day...", so as to further ground myself on physical reality and the human state of consciousness in general. Then, after stopping all of my thoughts for a few moments, I finally begin feeling a bit more emotionally stable. So I take this opportunity to record my exploration and experiences into my voice-activated tape recorder.

After doing this, I stumble over to my bedroom, where I collapse onto my waterbed, and completely loose consciousness for most of the morning and afternoon. By supper I'm feeling a little better, yet extremely nauseous, so I walk over to the toilet and vomit. I then take some aspirin and go back to bed, where I again pass out. By the next morning all of the combined pharmacological effects of dextromethorphan and the neurochemical effects of neuroelectrical stimulation have subsided, and I feel physically okay. But emotionally and psychologically, I keep feeling quite shaken and disturbed for the next few days.

Those are examples of my psychoportation and psychodynamic integration experiences. Although at times very hard on my body and mind, something inside of me, perhaps my soul, led me to continue engaging in these strange types of experiments. As a result, my 'curiosity' further increased. This curiosity had started just a couple of years earlier, innocently enough with pop psychology and New Age metaphysics. However, I feel that it was responsible for taking me to another 'level'. For I unexpectedly became interested in learning about the origins of consciousness and existence, as well as the reasons behind the creation of the physical dimension and of the human mind, if any.

Although at one point I felt that said curiosity became almost 'morbid'—at least in my opinion. Because I became, and still am, *obsessed* with many very unusual topics, such as altered states of consciousness including psychotic and schizophrenic states, quantum physics, psychedelic chemistry, psychopharma-

cology, psychiatry, neurophysiology, and even neurosurgery. Indeed, my New Age studies had given way to "New Edge" research.

As I sit here writing this manuscript, roughly about two years after I first began my experiments with consciousness expansion and mental state alteration using ketamine, dextromethorphan, dimenhydrinate, and neuroelectrical stimulation in particular, I am beginning to realize that they may have yielded some unusual and unexpected side-effects on my psyche. Because of these experiments, I now feel that I am treading on a very thin line between madness and sanity; walking on a razor's edge, if you will. For as you have just read, some of my experiences involving OBE's and lucid dreams have begun to carryover into my everyday *waking* reality.

In fact, inner and outer realities have begun to merge with one another. Leaving me at times both frightened and confused. Other times just plain scared. Who knows? Maybe I'm loosing my mind. Then again, maybe I'm finding aspects that are unfamiliar to everyday mentality. Perhaps I have even begun tapping into uncommon yet valid mental states. (Although I know that many of you may consider them to be pathological.) Whatever it may be, what is considered 'real' or 'reality', I am now realizing is relative at best. Furthermore, these experiments have apparently reopened a door within my psyche that had been closed long ago. In addition, the voices in my head and the visions in my mind's eye, which had always stayed 'in there' as thoughts, ideas, fantasies and daydreams, are now *coming out* and even *interacting* with me...

But forgive me, for I am getting ahead of myself. Things were not always like this, you know. So let me go ahead and back up a bit, and allow me to tell you a little about myself. Or at least the person I used to be. Then again, perhaps always have been...

I was born in the city of Manhattan, New York, on April 5, 1966, at Lennox Hill Hospital. My birth was premature, so I spent the first month of this life inside an incubator. Apparently, even back then I was impatient and wanted or perhaps needed to get here. My mother would come to visit me at the hospital everyday of that first month of my new life. Since I was her first and only boy, and was very frail and constantly sick, she always remained rather overprotective of me. Nonetheless, I know she had the best of intentions and always loved me very much.

For the most part, I had an almost relatively normal childhood. I say 'almost' because by the age of four, my mother took me to see a psychiatrist because of my unusual behavior and drawings. The unusual behavior consisted of me making up voices and distinct personalities for the dozen or so GI JOE™ action figures I constantly played and spent time with. I even ate with them; and even took them to bed with me, where I would place their little heads on the pillow next to mine. I would also make sure that each was comfortable, and asked whether they wanted anything to eat or drink before shutting off the light. These figures were like little people to me; who needed my care, love,

protection, and most importantly, my attention. The unusual drawings I used to make consisted mostly of caricatures of extremely tall people, followed by sci-fi/comic book super-heroes, and then some monsters.

After my first consultation with the psychiatrist, he concluded and told my mother that the voices and the personalities I had made up for my action figures indicated I had a fantasy prone personality. The caricatures of the tall people suggested I had 'delusions of grandeur'. To remedy this, he recommended that I temporarily be stripped of all my comic books and action figures, as well as banned from watching cartoons and science fiction/horror t.v. shows, such as "The Twilight Zone", "Outer Limits", and "One Step Beyond". He felt that given my age, my taste for these types of programs was rather unusual, and perhaps even psychologically damaging.

I recall that at first, when my action figures were taken away from me, I cried almost everyday. I missed them immensely. It felt like I had been separated from dear friends of mine. However, I quickly learned that even though I no longer had the figures to play with, I still had their personalities and voices to keep me company. And to prevent anyone from taking these away from me, I proceeded to always keep them to myself. That was my little secret. In time, I came to completely block them out in order to protect them. As far as the sci-fi shows were concerned, I came to find that the movies in my mind were always just as good, if not better, than the ones on television.

As I got older, between the ages of four and eight, I recall that I spent most of my time locked away in my bedroom as a result of punishment. This was because at times I was extremely hyperactive and out-of-control. I was very mischievous. For example, I was almost always getting in trouble for breaking things on purpose, playing with matches, and terrorizing our pets. Another favorite thing of mine was going into the medicine cabinet, taking all of the medicines I could get my hands on, and mixing them all together in order to create a 'magic elixir'. I would then try and talk my little sister into drinking it, so as to turn her into a super-hero; or at least into a cool-looking monster.

Luckily, she never ingested any of my 'concoctions'. Nonetheless, after our mother's first 'bust', all that was left in the medicine cabinet were a couple of bottles of Flinstones®, some vitamin C, Band-aids®, and ironically, Vicks® Formula 44 cough syrup. Although back then I never experimented with it. And there were no psychic abilities within me while I was growing up that I was aware of. Except for a few OBE's that I began having, but these did not start until my late twenties.

I should point out that when I was about five years old, my mother, my younger sister and I, moved to Ecuador, South America—where my mother was from—as a result of a divorce. Then, when I was ten years old, we moved back to the United States, and settled in Miami, Florida. Both my younger sister and I were raised by in an upper-middle class environment.

I recall that my mother dabbled in some occult practices, such as card read-

ing or fortune telling and minor-spells. But she did this only as a hobby. My mother was an outgoing businesswoman, who passed on in 1996 as a result of cancer. My father is currently a successful commercial builder and housing developer who lives in Puerto Rico.

Ever since I can remember, I have shied away from books and detested school in general. In fact, at the end of my ninth grade junior-high school year, I was almost expelled from the public school system for being a troublemaker and getting into fights all the time. Although I did not initiate these fights for any violent reason. Instead, they were an imitation of the slapstick shenanigans and antics of my favorite television personalities, "The Three Stooges". Nonetheless, kids in junior high school did not appreciate my fascination with the stooges' slap and kicking routines. So this led to misunderstandings that escalated into full-blown fistfights.

Eventually, the school principal called my mother in and suggested to her that I be enrolled in a military school for at least my first year of high school. My mother, worried about my behavior and the influence that it may have on my younger sister, put both of us in a military school. Because of this, I eventually and I reluctantly changed my ways. Still and all, this made me feel as an outcast and even a weirdo, for I always wondered why it was that people always took themselves so seriously. Besides, I've always felt like sort of a 'zero', since my whole life a part of me has felt less-than-average. I guess you could say that I have an inferiority complex. In turn, this served to further alienate me from the rest of the world.

One important point I'd like to make is that I never took any drugs during this period of my life. In fact, this wasn't necessary. For I've always felt as though somehow I was not 'here'; but instead, 'faraway' in my own private world. In that respect, I almost always lived 'there'. 'There' I felt like I was in control, and therefore had to answer to no one but myself. I believe that this type of dissociation is what kept me sane in the insane world that my life at the military school had become. And believe me when I say this, for at that school is where I lost a good friend I had made there to a game of Russian roulette.

Luckily, after one year in military school—hell, as I used to call it—I returned to the public school system where I felt more comfortable. But nonetheless, I still loathed school, rules, and regulations in general. The fact is that to this day, I dislike any type of institution.

Well, anyway, I eventually—and thankfully—finished high school—barely—and graduated with a "D" average. For I was neither a good student, nor did I ever care to be one. Likewise, I was glad that finally 'that' was over with. You see, I just did not see the purpose in it, nor was I interested in becoming just another high school graduate who goes to college, gets married, has kids, etc. I somehow considered myself 'above' those things.

Unfortunately, I never had the business savvy of my parents or younger sister. Therefore I was always broke and always worked odd jobs. Now don't

get me wrong, I did have ambition, always have. But not for 'average' things. Instead, it was for something 'else'. But I did not know for what at the time. In fact, in some way I have always felt an underlying sense of 'purpose' within me.

Well, anyway, about eight years later, when I was about twenty-seven years old, I suddenly found myself reading as many books as I could get my hands on. At first though, my reading tended to be mostly in the field of human potential, for I was interested in finding out how it was that I could make things in my life go right for a change, and work out for me. For I had experienced a lot of emotional pain having failed at a couple of pursuits I had set my sights on. Both involving music and art.

Also, my personal and emotional relationships were in equal turbulence. For I had experienced nothing but heartache in all of my relationships of the heart. In that sense, I'm what is known in dating lingo as a "nice guy". Therefore, I always managed to get screwed over by the women I dated. Consequently, I guess it got to the point where all of this pain caused me to look for answers. And, since I have always been extremely introverted and a loner, I decided to find my own answers and do so on my own terms. As mentioned earlier, this search began when I was twenty-six years old.

Then, when I was about two years into my pop psychology and New Age studies, I came across the topic of OBE's and became very interested in them. This subject utterly fascinated me, you see, as I have always had a special place in my heart for 'fantastic' things. Eventually, I became involved in consciousness exploration methods—astral projection, lucid dreaming and remote viewing. This led to shamanism, hallucinogenic plants, and psychedelic substances. But my eventual use of these substances felt as a rather natural progression of my studies about consciousness. Because you see, as mentioned previously, I never took these substances to escape or to party. On some inner level, I've always felt as though I was already 'there'.

In hindsight, the reason I began experimenting with psychedelics was because I wanted to know more about my self, or rather the 'Self' or the 'I' that 'inhabits' my physical body.

Although I have to admit that when I first started to experiment with these substances, I felt as though I was doing something dirty, sinful, and wrong.

Indeed, using these substances felt very much—psychologically—as though I was hiding somewhere 'masturbating', and 'coming' to realize and discover certain feelings and aspects about myself. Of course, we have been taught as we were growing up that 'that' is 'wrong' and even 'evil', and therefore shouldn't be done. For by engaging in masturbation we ran the risk of going blind or insane—even of going to hell!!! Remember? (What a crock of shit, wasn't it?)

Well, after a few years of taking psychedelic substances (and many, many more of *masturbating*), I've come to realize that engaging in either masturbation or sex, or taking psychedelics (and therefore having transcendent/ecstatic experiences) will feel both 'good' and 'right'. Or, it will also feel both 'bad' and

'wrong'. Because I have learned that the feelings associated with doing these things will vary and completely depend on each individual's level of psychological maturity, emotional readiness, and mental programming. Therefore, simply put: One must be ready for either masturbation/sex, or psychedelics/transcendence. Otherwise, a number of emotional and psychological problems can and will arise. (I once again point out that I am referring to psychedelics and not hallucinogens. I just want to make that very clear, okay?)

However, thanks to my earlier studies, I understood that the conflicting feelings I was having towards experimenting with psychedelics were the product of my earlier mental programming—cultural and social upbringing. Ironically, I had the same exact conflicting feelings towards both sex and masturbation when I was younger. Needless to say, I was glad to find in the course of my research that many young MD's, from psychiatrists to neurologists, often-times experiment with psychedelic and hallucinogenic substances—using LSD and ketamine for the most part. This piece of information alone put a lot of my prejudices to rest against using these substances.

Notwithstanding, I must admit that psychedelics and hallucinogens are the most *terrifying* things I have ever encountered in my life! They are also the most *beautiful* and *enlightening*... Indeed, in that regard, psychedelics are a paradox. Yet in the course of my experiments, I found that these 'forbidden fruits' were imparting tremendous amounts of knowledge that I hadn't known before; but intuitively felt I was ready for. These substances were allowing me to *see* the nature of reality in a completely different light. At times, I even felt as though I was reading in between the 'lines' of the physical dimension construct. But I was not using my eyes, you see (pardon the pun), instead, I was using my mind, and perhaps even my soul. Yes, in some strange sort of way, it felt as though I was somehow *seeing* beyond the edge or the borders of physical reality. In fact, I have concluded that three-dimensional reality is a closed-loop system construct. Therefore, it cannot be 'escaped' or transcended using the *conscious* mind.

Anyway, as my research and experiments continued, I also began to notice that I was changing rather drastically—emotionally as well as psychologically. Coming of age, if you will. Perhaps even 'awakening'. Whatever it was, my level of mental processing and insight had escalated to levels previously unknown to my conscious mind. Not only that, but I was also becoming increasingly aware of the nature of who and what I really was.

In my case, the repeated use of some psychedelics such as LSD and psilocybin, which I had been taught by ignorant school teachers and media-sensationalist propaganda caused one to 'fry' its brains, and also made one dumb and stupid, ironically enough led me to seek out the works of some of the finest physicists in the world, including David Bohm, Steven Hawking, Michio Kaku, Hugh Everett, Albert Einstein and Nick Herbert, among others.

After reading their books, I felt as if I had found what I was looking for—whatever 'it' was. In hindsight, due to my exposure to the provocative in-

sights, thoughts and ideas that these individuals had about the nature of the physical dimension, I feel that my consciousness began to not only further develop; but unbeknown to me was priming itself for what was to soon come. It was as though my mind and brain suddenly developed a need, or more appropriately, a *craving*, for immense amounts of input, in the form of varied types of information. Yes, all at once, I felt a tremendous psychological, intellectual, and philosophical hunger, if you will.

The word 'information' oddly enough can be interpreted as 'in' – 'formation'. So what this said to me was that my brain and mind were now 'in' a new state of 'formation'. Then, roughly about a year or so after my studies of theoretical quantum physics had begun, and while I was experimenting with a particular type of altered mind-state called extended remote viewing—which is similar to an OBE and involves a dissociative altered state of consciousness; as opposed to the 'pen and paper' methods taught in all other commercial remote viewing courses—together with a mild dose of ketamine, I experienced a phenomenon which is sometimes referred to as bilocation or total site integration. In this state sometimes one actually finds oneself at the site that one is psychically describing.

Shockingly however, I realized that I wasn't just perceiving the targeted event, but that I was actually 'there' seeing and *participating* in it. I was also interacting with others at the target. But my thoughts were someone else's mixed in with mine... It then dawned on me that I was occupying someone else's mind and body!

Based on what I had learned from my previous research—mainly in the field of theoretical quantum physics—I came to understand that I, as well as you, have 'probable versions' of us, which exist on alternate Earths. Furthermore, some but not all, of these 'probable' mes and vous are engaged in activities that I or you at one point in our lives thought of doing or had the desire to pursue, but didn't. And since space-time is both simultaneous and non-local—as you will come to discover a little bit later on chapter 3—they are available for viewing, experiencing, and even *changing* (!) at any time.

Although this makes perfect sense to me—after all of my studies, research and experiments—this really hasn't been written about in other books on the subject of OBE's—natural or drug-induced—that I have read. And believe me, I have read quite a few. Instead, all of them only deal with explorations of psychological funhouses, alien worlds, parallel universes (usually dream systems), and the astral plane or astral world.

The notion and the possibility—in my case the ability—to at times actually be able to visit probable Earths and *physically* interact in them, in typical everyday situations, and even bring back conceptual models and/or ideas about commonly used objects, or even household items—such as the food temperature conditioner, which I will describe in chapter 5—as opposed to futuristic gadgets that we don't have the technology to manufacture yet; leads me to be-

lieve that many previous psychonauts have missed a very important and very real stop along the infinite byways and highways of hyperspace. In this case probable Earths!

These experiences on probable Earths explained to me—when eventually I got to the point of having somewhat controlled OBE's, which are still somewhat tricky to access, but always accessible by the use of certain pharmacological substances and mental exercises that I will discuss later on in this book—the reason why when I was in my living room for example, the furniture was at times arranged in a different manner, and at other times completely disparate. Books that I read on the subject claimed that these inconsistencies were due to the fact that the psychonaut had either not developed his or her psychic vision enough yet, or that one could not see to the same degree one does when using the physical eyes—hence the variations.

I, of course, did not agree with these views. For I know that while in the out-of-body state I had seen old pieces of furniture that I had debated whether to keep or not at some point in the past, concurrent with my new furniture. This led me to realize that at times, when I was having an OBE, I was in a probable version of my living room! This living room has to exist on a probable Earth. The probable Earth in turn has to exist on a probable universe; and if you go along with the theory of parallel universes and probable Earths, then 'someone' has to occupy that probable living room, in that probable version of physical reality, on said probable Earth. This someone has to be none other than a 'probable me'...

In the coming chapters, I shall explain how I discovered and developed psychoportation (PSP) and psychodynamic integration (PDI), which I have used in order to interact with the environment and the inhabitants of parallel universes, and even with entities of non-human dimensions, such as the algorithm, syntax, and music concept-entities. I will also discuss the role that multiple personality disorder or 'possession' may play in all of this. Layman explanations will also be given on the subject of quantum physics, and how and why it supports the parallel universes theory.

Other provocative topics covered that relate to the subject of consciousness research and exploration are: the US Government's involvement with remote viewing and out-of-body travel experiments for the purpose of psychic spying during the cold war era; the shamanic role of psychedelics and hallucinogens in out-of-body and psychic states, and why the CIA may have pulled the plug on psychedelics and hallucinogens research; and how and why certain types of brain technology devices, pharmacological substances, and plant teachers can aid those interested in the accelerated development of higher-states of being. I will also share with you some of the exercises and methods given to me by beings from alternate realities, which I have used in order to reconstruct my neurophysiology and engage in the types of paranormal experiences described in my book.

Hopefully, reading this book will help you realize that we humans are multi-dimensional, as well as transdimensional beings, which exist both 'inside' and 'outside' space-time simultaneously; and that what we perceive as physical reality is only but a small and fractional section of the whole 'picture'. Indeed, based on what I have learned, I have come to the conclusion that by harnessing the limitless power of the mind, you can *see* more of this picture, or better yet, you can paint your own.

CHAPTER 1

Initial Discoveries

*"If the doors of perception were cleansed
everything would appear to man as it is, infinite."*

William Blake

Throughout history Man has explored its dwelling physical space. Much like the caveman, who dared to venture out of the familiar and safe surroundings of the caves, so has modern Man ventured into the unknown. From Columbus to Armstrong, some men have dared to go where no other man has gone before, and chart these new territories so that others may follow. Throughout the ages however, a different type of explorer has also existed. I am referring to those individuals who have been courageous enough to leave behind the familiar confines of their consciousness by venturing 'inward', and entering and exploring the many psychological doors and landscapes of the mind. From Shamans to Zen masters, these psychonauts or mind navigators have charted some of the unexplored regions of hyperspace, so that others brave and curious enough may follow. As an old traveler of inner-space once said: "Only the bold and courageous shall ever come to know and see the face of the Lord."

Likewise, I too have been curious and daring enough to seek out knowledge and understanding about the unknown. For this purpose, I have experimented with altered states of consciousness, using everything from meditation to mind-altering technology and substances. I have also read many books detailing the forays of modern and pioneering mind explorers, such as John Lilly, Robert Monroe, Terrence McKenna, Alexander & Ann Shulgin, Jane Roberts, Oliver Foxx, Paul Twitchell, Carlos Castaneda, Gracie and Zarkov, D.M. Turner and others—using these as sort of 'flight manuals', if you will, so as to make my own discoveries, and come to my own conclusions.

Surprisingly enough, these studies led me to research other subjects, which

at first, I thought were totally unrelated. These other unrelated topics turned out to be psychology, psychopharmacology, neurochemistry, quantum physics, biology, neurophysiology, and many others. Now, I did not go to a university to study any of these, so of course I am not an authority on any of them, nor do I have a Ph.D. or medical degree. Therefore, my understanding about them is basic at best. But in hindsight, the reason I came to study them was so that I could *expand* my mind through knowledge. Which in turn would later help me explain and define concepts that I would come to acquire as I explored hyperspace.

As a result of these studies, I gradually became 'philosophical' about the nature of universal reality. These insights and experiences however, further alienated me from family, friends, and society in general. For I came to completely loose interest in everyday 'normal' activities such as socializing, and even dating. Even though I was only thirty-one years old at the time. Moreover, because of my studies and experiences, family and friends began to notice changes in me—changes, which they felt, were rather 'disturbing'.

Now I had become an outcast, for I not only experimented with psychedelic drugs, but consequently I no longer agreed with society's structure. I also began to realize—and therefore voice to my family and friends—that in the long run organized religion was detrimental to the consciousness of human beings. What's more, I came to the conclusion that the only way for one to truly develop spiritually is through self-acquired knowledge and *experience*—independent of *any* philosophy or religion. I even came to the conclusion that psychedelics were a *necessary* experience in every human being's life; much the same as sex is, and as such, should be a required part of a curricular program in college or university-level studies. As you can imagine, the people around me whom I said this to thought I was out of my mind.

Consequently, I began to see that most people have a small and narrow view of reality as a whole, and for whatever reasons refuse to broaden it. Maybe they are too busy to embark on the kind of quest that it takes to uncover the nature of *who* and *what* we really are. So in that respect, and for a period of time, I felt that I could not relate to 'common' and unenlightened humans, at all. On the other hand, I came to a greater understanding, awe, love, and respect for the *intelligence* responsible for the whole of Creation. That great artist, architect, biologist, physicist, chemist, scientist, poet, musician, philosopher, and any other thing that any human being could ever hope to become.

I have to say that because of all my explorations, experiments and research, I am a different person today than the one I used to be just a few years back. This has led me to a point in my life where I feel the need to share what I have learned with others. Maybe you are where I was just a few years ago—searching for answers that could not be found in conventional metaphysics, science, or religion. In the course of my search for answers and truth, I have spent literally tens of thousands of dollars and continue to spend more, but I don't care be-

cause to me what I have gained and learned as a result of this expenditure is worth more than anything in the world. In fact, I would not sell any of my experiences for any amount of money! They mean that much to me. Although there have been times when I wished that I didn't know what I know now. In the next chapters you will see why.

One of the two reasons I have written this book then, is because I hope to save those interested in their psycho-spiritual development much time and frustration, by sharing what I have learned through trial, error, and countless hours of research and study. The second reason is so that before you attempt to incorporate psychedelic substances into your development—if you happen to become curious about them, such as I did—you can know what you are really getting yourself into; and avoid the pitfalls and *dangers* that lie in this type of endeavor.

Let me now briefly explain some of the consciousness exploration methods I have developed. Later I will expand on them. The method I used in order to have most of the experiences described in this book is psychoporation (PSP), and it is not unlike an OBE. For the most part, one is aware of the mind-from-the-body separation process; and just like with OBE's and astral projections, with PSP one becomes a disembodied observer in the physical dimension, the astral plane, or in dream systems (which I'll also discuss later on in this book). But the reason I decided to come up with a different term other than OBE is because I wanted to differentiate its purpose of use—which is to exclusively explore the quantum realm of probabilities, where probable Earths exist.

As I came to learn from studying quantum physics and neuroscience, what we perceive as atoms, electrons, and particles—the building blocks of physical matter—are only 'probable versions' of them. This is due to the fact that subatomic particles are constantly involved in millions of trajectory spins, or rather pulsations, and in a sense—and I am paraphrasing here—we are only capable of neurologically perceiving just a single pulsation, and by doing so we collapse it into a probabilistic actuality; which then becomes our 'version' of physical reality. But by engaging in PSP however, one is able to tune in, perceive, and therefore *see* other probable pulsations that atoms, electrons and particles are involved in, which in turn are what makes up the physical matter—and even the inhabitants—of parallel and probable Earths and universes. (I have chosen to distinguish parallel Earths from probable Earths for reasons that we will discuss a little bit later.)

On the other hand, by using psychodynamic integration (PDI) one's personality merges or integrates with the mind and body of the inhabitants of parallel universes/Earths and probable Earths. Therefore this form of exploration is not passive like PSP, instead, it is interactive. This interaction happens almost exclusively on probable Earths, also. I say almost exclusively because there have been times in which I have found myself accidentally merged with non-human entities. (These bizarre experiences are described later on chapter 5.)

Finally, lucid dreaming is a form of OBE where one becomes aware that one is out-of-body *after* the mind-from-the-body separation has occurred. Thus one then finds oneself interacting in dream systems.

Those are the methods I have used and will be discussing throughout this book. Now let me add something before we continue. I recall that a few years back, before developing and engaging in PSP and PDI, practicing lucid dreaming, or even experimenting with psychedelic substances, I had a few accidental OBE's sporadically—one during knee surgery—and consequently wished to better understand and control them. I also had a few encounters with the paranormal around 1992. But going into those would entail discussing a number of Ouija board sessions I recorded on paper, some run-ins with witchcraft—which I have never practiced but have experienced—as well as experiences encountered while studying ECKANKAR (a spiritual path similar to the Rosicrucians). Perhaps I will write about those sometime in the future. In this book however, I will deal exclusively with the experiences *after* I was better acquainted and somewhat experienced with the paranormal. Having had these experiences is what eventually led me on my search. For I wasn't satisfied with the 'mystical' explanations behind these experiences. No, what I was interested in were the scientific principals behind them. Why? I did not have the faintest idea at the time.

So, in that regard, this book begins at the point in my development when I was perhaps subconsciously mature enough and ready for the answers I would eventually come to find. Which in turn resulted in a sort of accelerated psycho-spiritual development of my conscious mind. Looking back, remote viewing and a work-related accident, were the reasons I began to seriously devote myself full-time to the study of consciousness. Unbeknown to me however, these studies would forever change my life.

Remote Viewing

I first took notice of remote viewing in 1996, thanks to a television show that aired on the Discovery Channel. I found it fascinating to see a number of high-ranking officers of the United States military, as well as top officials of the CIA, together with scientists and psychics, discussing how our government had developed a method, which psychically trained military officials had used in order to spy on the Soviet Union and obtain intelligence information during the cold war era. Here I saw and heard the accounts of psychics who had the ability to mentally transcend space and time and receive accurate information about anything or anyone—in the past, present or future. What captivated me the most though was the story about a particular psychic by the name of Pat Price, who had the uncanny ability to not only receive psychic information; but could also go over to the targets in the out-of-body state, explore them, and even

read documents found there!

This interested me because although I had had a few sporadic OBE's in the past, I had been unable to control them or repeat them at will. So I reasoned that remote viewing would allow me to perhaps harness and control whatever little OBE ability I had. Curious about this particular subject at the time, I did some research on it on the Internet, and came across a press release for a book entitled: "Cosmic Voyage", by Courtney Brown. I ordered it and received it a few days later. As I read the book, I became even more interested in the subject of remote viewing.

In the book, the author explains how he was trained by one of the original US military remote viewers, and presents information he obtained about extra-terrestrials and even historical religious figures, using this type of psychic perception. Brown also discusses some of the structural elements and protocols used in order to acquire the information presented in his book—although these didn't interest me very much. For I really wasn't too crazy about the idea of having to follow 'rigorous' protocols while sitting at a desk and writing stuff down on paper. No, what interested and even excited me was the actual ability to be able to *see* things and even explore other places remote in space and time. That's what I found compelling. If anything, I could always write about what I saw afterwards.

The author of said remote viewing book also mentions some audiotapes he used as part of a self-developed program, which supposedly enable one to have a number of ESP experiences and perceive in ways other than with the physical senses. As you can imagine, all of this sounded highly intriguing and interesting, so I decided to contact him and inquire about training costs.

A few days later I received a brochure from the Farsight Institute, which detailed the various training programs offered and needed in order to become a 'professional' remote viewer. The price for the beginner, intermediate, and advanced courses was about \$5,000. Brown also suggested that those interested in developing their psychic skills to the fullest should take a Transcendental Meditation® course (\$500), and also the more advanced Sidhis program (\$4,000); and then round it off with a visit to the Monroe Institute for the Gateway Voyage course (\$ 1,400). This amounted to about \$11,000! And the costs of the airfares, to and fro, were not even included. Not to mention the days off from work one would need.

Since I did not happen to have that kind of money on me that day, I decided to start off with the audiotapes mentioned in the book. (Please note that I have no vested interest, nor endorse, in any way, any of the companies or products that I will mention throughout this book. I am sharing them simply as part of the story). So I ordered the thirty-six audiotope collection entitled: "Gateway Experience" (\$385), and as soon as I got it, I began having really strange experiences.

The first one I had was while listening to tape #2. What happened was that

as I was following the verbal cues, I became aware of some unusual looking, multi-colored vibrating strings, which were floating around my bedroom. These strings emitted a sort of electrical humming. Interestingly, I did see them with my eyes open. However, I had difficulty keeping them that way, for these audiotapes sometimes cause involuntary drowsiness and sleepiness. Another memorable experience I had was towards the end of the audiotape program. Again, by following the mental exercises, I had a spontaneous OBE, which I had not had in years. Needless to say, I was very satisfied with the Monroe Institute audiotapes. And now more than ever, I wanted to continue on to remote viewing. A small fire had been lit.

In hindsight, this must have been due to the fact that if I understood how these experiences came about, I stood a better chance of both increasing my OBE's as well as controlling them. In that sense, I wondered if perhaps the missing element to my query could be found in remote viewing training. This intrigued me and I really wanted to find out. But there was a problem. I did not have enough money to attend the institute.

A short time later, while I was lying in bed one night thinking about this, I closed my eyes and in a few moments fell into a reverie. I then clearly saw in my mind's eye a 'presence' whose appearance resembled that of a South American Indian. He was a little fellow, no more than five-foot tall, with medium-length jet-black stringy hair. His skin complexion was dark-coffee brown and his eyes were dark as coal. His stare was penetrating. Strangely enough, he was dressed in contemporary-looking white colored clothes—consisting of slacks and a long sleeve shirt. I intuitively knew that he was a shaman or medicine man. (Let me add here that because of my previous experiences with the paranormal, this event did not scare me at all.) He proceeded to non-verbally impress upon me not worry about the matter I was pondering about any longer, for 'they' had been keeping track of my progress. He also informed me that whatever I needed in order to continue with my spiritual development would be facilitated through their auspices. This whole episode took no more than sixty seconds.

As I was coming out of this subtle altered state, I reflected on what had just happened. Still lying on my bed, I wondered who this individual was. Suddenly, a single word popped into my mind, which I instantly spoke out loud: "Jiebro." [Pronounced: he - eh - broh] This spontaneous action—speaking without consciously initiating a linguistic command or a desire to speak—left me perplexed. Yet somehow I had an underlying sense of 'understanding' about the whole incident. Feeling a little lightheaded by the whole experience, I quickly fell asleep. The next day I told my sister about my experience, and she was both intrigued and surprised, just as I was.

A few days later she called to tell me that my father was coming to Florida to visit us. She then suggested for me to talk to him about my research and my experiences. I have to admit that at first I was hesitant to do this. However, not

wanting to halt the obvious progress I was making, I decided to ask my father for help. Although I have to say that this was a very hard thing for me to do. For my father and I had lost touch with each other since my mother and him divorced some twenty-five years ago, when I was about five years old. Only until recently—mid 1996, after my mother's passing—did we begin developing a relationship again. We were literally total strangers for about twenty-five years.

Now, you have to understand that it is very hard for the average individual to comprehend and even accept these types of experiences. In that aspect, I was afraid and somewhat rather embarrassed to tell anyone about them—let alone ask for thousands of dollars to keep pursuing them. But curiously enough, when I told my father about my experiences, he was not only acceptant of them, but confided in me that he himself had had a couple of spontaneous OBE's a few years earlier. (This of course put a big grin on my face. For I guess that in a sense I was a 'chip of the old block'.) He said however, that he honestly had been too afraid to keep pursuing them. Nonetheless, he offered to pay for my entire tuition at the Farsight Institute. So, on September 6, 1997, thanks to my father, I left for Atlanta, Georgia, for my training in remote viewing (RV). I don't know if Jiebro had anything to do with it, but somehow all of the pieces seemed to be falling into place.

Arriving at the institute and staying there turned out to be a really strange experience for me. This was due to the fact that I had been thinking about being there for such a long time that now that I was really there, it felt like *déjà vu*. I recall that the RV training at the institute was very left-brained in terms of rules and protocols that 'must' and 'had' to be followed. I also came to discover that the instructors although knowledgeable in terms of the RV terminology and structure, lacked basic understanding of how and why it all seemed to work. Although that was one of the fundamental reasons I had come to the institute in the first place. Consequently, I was very disappointed that no one there could answer the many questions I had.

I even had the opportunity to meet Dr. Courtney Brown, who I found to be quite personable and a bit more knowledgeable than the instructors. However, he did not know much about the mechanics of the out-of-body state; and nothing about the lucid dreaming research that was taking place over at Stanford University, which I was about to come across. I feel that these elements are not only important, but are almost *basic* requirements for the development of higher states of consciousness. So in that regard, I was really let down.

Throughout my remote viewing training I tended to disagree with the way its teaching was approached. This was because the instructors almost continually reprimanded me, as well as the other students, whenever we saw any images in our mind's eye during a session. This, we were taught, was an attempt by the conscious mind to distort the data that was coming in from a target. Because according to RV protocols, any and all images, have to be la-

beled as “deductions” and be put away on one of the columns of the template that is used to write down the RV protocols and perceptions acquired during a session. Or else one ran the risk of ruining a RV session. The only problem with this was that all of the images I was initially getting were pertinent to the target—if not the actual target.

These types of successes, I felt, had nothing to do with beginner’s luck. Although many professionals in the field believe that this may actually be the case with neophytes. Nonetheless, I definitively and clearly *saw* the targets given to me, and did not have to ‘guess’ at them at all—which is what a remote viewing session feels like. Unfortunately, as my training progressed I began to lose the images, and commenced receiving random words, as well as bits and pieces of descriptive information, instead. This in turn simply confused me.

For example, if the remote viewing target was a lake, then the proper way to remote ‘view’ it would be by receiving descriptive words in one’s mind, such as natural, water, heavy, deep, cold, etc.—which would indeed describe a lake without actually naming it. But if one saw, felt, or even knew what the target was—in this instance a lake—the session was then said to be the work of one’s imagination; and therefore not acceptable within the RV protocol. As ridiculous as that sounds, according to the structure of RV, that is the correct way of ‘viewing targets remote in time and space’!

I really struggled with this throughout my training. Moreover, I felt that this type of instruction was not only damaging, but also highly unnatural to the way most people naturally process any type of perceived data—psychically or otherwise. (I will get into the specifics of why this is so in a few moments.) In my case, even though I would get a flashing image of the target I was about to tackle right before the session began—during what is called the cool-down period, which consists of mental and physical relaxation—I would have to get rid of it by writing it down inside a column of one of the sheets of paper that are used during an RV session. And because of me trying to block out the initial image(s) I received, my mind would most of the time end up making up other ‘associations’ equivalent to it, anyway. In turn, this led me to believe that I was free-associating based on the initial image(s). So in that sense, I always felt as though I was working backwards and self-defeating myself. In fact, because of the way RV is structured, I was constantly in doubt of my abilities.

As I continued to work with other students from the institute, I became aware that I was telepathically picking up their thoughts, and could therefore nail the target they gave me. One of the reasons I know this is because of a particular student—a genuine and very gifted psychic who participated in some RV sessions with me—who told me that during our sessions she felt as though I was ‘reading’ and probing her mind. In turn, this resulted in near perfect sessions on my part.

But in some aspects I did derive some benefits from my RV training. For during that time I became more intuitive and sensitive to what people were

thinking. Also, around this same time, I also came across another remote viewing book entitled: "Psychic Warrior", by David Morehouse. Now this was more like what I had envisioned remote viewing to be. In that book, Morehouse describes how he entered an altered state of consciousness, detached from the physical body, and then traveled across space and time so as to see and explore targets as if he was physically there. (Although to me the technique that Morehouse describes in his book seems more like a very disciplined form of astral projection or OBE, rather than remote viewing. Perhaps he was using an OBE/RV hybrid.)

Anyway, since I was familiar with the out-of-body state, I could totally relate to what he was saying. And after thoroughly reading his book, I used it as sort of a 'guide', if you will, so as to research all of the facets that he had gone through during his training. Driven by the desire to someday be able to do what I had read in Morehouse's book, I continued with my RV training and other related-subjects research. For now more than ever, I was *determined* to find out how and why out-of-body exploration worked. In fact, I became *obsessed* with this sole subject and idea. But then, what really is "remote viewing"? Well, based on firsthand experience with it, let me give you my take on it.

What is commonly referred to as remote viewing is actually a form of ESP (extra sensory perception). For in reality, one is not actually viewing or seeing any type of images as the name implies, but rather perceiving bits and pieces of descriptive data about the chosen target. One may get accurate fragmented images—in my case they resembled sort of quick snapshots—while remote viewing, but in these rare instances they are not as clear—although for some people they are—as if one was seeing them with his or her physical eyes. Sometimes these flashing images even take symbolical form.

However, I have learned that the acquisition of the *images* has nothing to do with RV protocols, or even RV training. Instead, they depend on the natural psychic talent and ability of the student. So this type of controlled or disciplined type of extra sensory perception or intuition, may be described then as the ability to *psychically*—and *not* visually as the name implies—perceive data about a person, object, or event, regardless of space and time. Everyone has this innate intuitive ability, but unfortunately, we choose to either ignore it, or think of it as something having to do with coincidence. For example, haven't you ever sensed that people were looking at you when your back was facing them? Or, knew that something was going to happen, and some time later, did? Well, these types of common occurrences are just slight glimpses of the innate potential within us all, and which with proper training, can be complementary to the development of what we really are: omniscient entities.

In remote viewing or remote perception (RP)—as I will refer to it from this point on—the individual cannot know what the target is before hand, or the results cannot be deemed reliable. This is because of the way the RP process is structured. You see, if the individual knows what the target is before hand, like

for example: "Retrieve information on the assassination of JFK", then the conscious mind and the imagination of the remote perceiver (RP'er) will start making up data based on preconceived ideas and associations that said target description conjures up in the individual's mind. But this is because in the RP/RV process one *does not* actually see JFK being shot.

Instead, the RP'er is supposed to follow a set of protocols, and then wait for the subconscious mind to furnish the conscious mind with psychic data about the target, in the form of words, feelings and impressions. Therefore, the RP'er cannot know anything about the target beforehand. In this instance, the RP'er is said to be 'blind' to the target.

Now don't get me wrong, with RP many individuals do get *some* pertinent *random* data about a target. But for the most part, any valid real-world use data is only acquired by highly psychic and gifted individuals, such as Ingo Swann and Joseph McMoneagle—both ex-remote viewers for the department of US Intelligence, and who happen to be naturally *predisposed* with that particular type of psychic functioning, ESP; and who have chosen to perfect it to a high level of accuracy. I am not in this category. What I mean is that for some reason I have always had a natural predisposition for trance and out-of-body states—rather than for extra-sensory perception.

As I mentioned a few paragraphs earlier, I feel that RP is a highly unnatural process for most human beings, because of the way nature has neurologically structured us. I'll explain what I mean with the following example. This is a true account I read about a group of missionaries who took a film projector and portable generator into the jungles of Africa back in the 1920's, so as to show the natives a film of the outside world. To everyone's surprise, however, the natives couldn't see the pictures! It was then concluded that the reason for this anomaly was because the natives could not adequately process the visual perception of the motion-picture, for they lacked the necessary neurological pathways that are needed in order to *see* those images.

Apparently, their brains hadn't made the necessary neurological connections required to see two-dimensionally. The brains of the missionaries had, of course. So the missionaries saw in fact a number of moving images. But all the natives saw was a bunch of flickering lights! Therefore, their brains had to develop special neurological pathways before they could actually view the motion-picture (see two-dimensionally).

This taught me that in order for us to perceive and see anything, we have to first be willing to accept—consciously and perhaps even subconsciously—that a particular type of data exists; and second, we must also have the proper neurological connections that will process said type of data. Then, and only then, does anything perceived become a holo-dynamic visual in our space-time continuum (physical reality).

In the case of the natives, the missionaries showed them a number of physical and tangible objects—projectors, screen, etc.—which their conscious minds

accepted, i.e., seeing (three-dimensional objects) is believing. But for the natives however, seeing two-dimensionally, although consciously believed that could be done (they saw flickering lights in the screen) required the proper neurological development, which they lacked, but eventually got. Having developed it (the neurological connections), they finally saw the two-dimensional motion-picture.

So what I learned from this is that the two keys in the process of seeing are:

Conscious Belief/Acceptance & Neurological Development

In that sense, RP for the purpose of acquiring *visual* data is self-defeating. For the individual is expected to perceive *bits* and *pieces* of information without letting the natural way of cognition—which is the way Mother Nature has wired our brains—take over and do what it has been programmed to do since birth:

Expectation + Neuro-Development = Visual and/or Psychic Visual Perception

Because of this, I feel that the process of RP is very much like asking a blind or blindfolded individual to *guess* what is inside a room, but telling him to do so without the use of the imagination! Talking from experience then, the act of RP although possible, is one of *intuition*, but *not* one of psychic *visual* perception.

As my studies in this particular field continued, I began to see that much of the information available out there was either not completely accurate, just plain wrong, or simply did not exist. And that if I was going to make any serious progress in my endeavors, I was going to have to forgo most of the material that was out there. In that sense, I was going to have to come up with my own answers based on my own research. At this point it seemed like there was no other alternative.

One day I decided to take a little brake from the research I was doing on this subject. So I momentarily laid my head down on the desk and fell asleep. Next to me was a small stack of about forty practice targets that a friend of mine had made for me a few months back. Upon awakening about thirty minutes later or so, I recalled a really vivid dream—having something to do with dinosaurs. I then proceeded to continue with the task I was previously engaged in before taking the catnap, and forgot all about the dream.

A few days later, I decided to practice RP. So I took the top envelope of my little stack of targets and started the session. As I had been trained to do, I cleared my mind, wrote down the target numbers on a sheet of a paper, and followed the remote perception protocols. I engaged in this particular session

for about twenty minutes. At the end of it, I wrote down the time and proceeded to write a small summary about it. From all the data I had acquired during the session, it felt very much like I had been describing an exploration of some kind. "Maybe it was Man's first walk on the moon, or an Egyptian archaeological site." I thought to myself. When I opened the envelope to compare it with my findings, I laughed out loud. The index card said: "The destruction of the dinosaurs—event." "Not even close!" I thought to myself.

Later on that same day however, I recalled the vivid dream I had had a couple of days back, in which I had clearly seen dinosaurs. This made me wonder if what had happened was simply just coincidental, or, if perhaps something else was at play. I mean, there have been reports of people that have had dreams of events yet to happen. In that sense then, that is what kind of happened to me. Granted, I did not witness the actual destruction of the dinosaurs, but I did see them; and very clearly at that. I myself had at one time or another dreamed of something that would later come to pass.

Giving this some thought, I then wondered if I could somehow combine remote perception and dreaming. Because from what I remembered in the dream, I had clearly *seen* the target. It had also felt as though I had been virtually there. In contrast, while remote viewing past targets, I almost never saw the target. If anything, as mentioned before, I would see sort of quick flashing snapshots, which sometimes pertained to the target. But I never saw 'mental movies' like the ones seen in dreams.

So, for the next following nights, before going to sleep, I would hold an envelope, which contained a target, and mentally say to myself that I would have a dream about it. Unfortunately, I'd wake up in the morning with almost no memory of any dreams; let alone details about the target. So after two weeks of frustrating results, I abandoned the practice. And after a few more RP sessions, I became frustrated with that too. Remote 'viewing' simply did not have the three-dimensional, full color visuals and 'realness' that I had encountered in the dreamstate. But how had this happened?

I was now convinced that the *key* to *seeing* targets remote in time and space had something to do with our ability to 'see' inside our dreams. And from studies on dreaming—which I was about to come across—I would come to learn that this type of altered state had a *neurochemical* basis behind it.

At this point I had never experimented with any type of psychedelic or hallucinogenic substance, although I have to admit that the further I got into the field of consciousness, the more curious I became about them. Especially from reading accounts of both psychedelic-using individuals who allegedly saw full-blown three-dimensional hallucinations such as elves, fairies, aliens, spirits, etc.; and the hallucinogen-using shamans, who by ingesting certain plants, allegedly transcended this dimension and explored other non-physical realities. This appealed greatly to me, not only because I wanted to develop my mind as far as I could, but also because to actually have the ability to explore other places re-

mote in space and time really rang a note in me. I mean just think about it for a moment: If this were possible, wouldn't you be at least slightly curious?

As I continued my search for the mechanics involved in the type of OBE that Morehouse used—which by the way was referred to as extended remote viewing (ERV) in the military program he was involved with: STARGATE (more about this a little bit later)—I decided to make a list of all the factors and facets that may be involved in this sort of 'out-of-body remote viewing'.

According to what I had read in the two RV books I mentioned earlier, and what I had seen and heard on the televised documentary on the Discovery Channel, there were a number of things that some of the remote viewers tried to explain and depict when asked to describe what a remote viewing session consisted of and felt like. I took these common elements and combined them with the ones from Morehouse's book, and used them to build a 'model' or formula, which I could follow. These were:

1.- All remote viewers engaged in a cool-down period before an RV session. This consisted of deeply relaxing by consciously *manipulating their biological functions* and slowing down *brainwave activity*.

2.- Once they reached their 'zone'—slower brainwaves and decreased heart rate, pulse, etc.—they became immersed in a state of light *sleep*; yet managed to retain *conscious awareness*.

3.- The military trained remote viewers reported having a state of consciousness similar to that of a *drug-induced* (hallucinogen-like) altered state of consciousness. Many of them described a feeling of euphoria and even synesthesias, i.e., tasting colors, smelling sounds, etc. during and after a remote viewing session.

4. - They reported to feel as though they were floating above the chosen target, and could therefore see specific details, as if they were physically there. Also, when instructed by a monitor to move around a target site, they could just as easily walk through space, as well as through time. Therefore, they could explore events in real-time, as well as in the past and the probable future.

5.- Some viewers were proficient at probing the mind of human targets, and could therefore provide information on intent as well as most likely course of action. Sometimes they could even describe the psychological makeup of the targeted individual, and experience his or her emotional state.

I then made another list that would indicate to me in what skills the remote viewers were being trained in; and what it was they might have been using for such training. To recap:

- a) Manipulation of biological functions = **Biofeedback.**
- b) Manipulation of brainwaves = **Neurofeedback.**
- c) State of light sleep, yet conscious = **Hypnagogia/Lucid dreaming.**

- d) Hallucinogen-like altered state of consciousness/drug = ?
- e) Floating above target and seeing it = **Out-of-body experience/Astral Projection.**
- f) Ability to probe the mind of human targets = **ESP/Telepathy [and apparently a subtle form of psychodynamic integration (PDI), which I was about to develop].**

As you can see, there was only one element missing in the 'model' I had constructed. This was the hallucinogen-like altered state of consciousness that the remote viewers experienced right before, during, and after a session. In fact, some viewers described this altered state as the one produced by the intake of a psychedelic drug. For the colors and textures of things perceived after a RV session seemed brighter and more detailed.

Could it be that they were using lysergic acid-25 (LSD), N, N-Dimethyltryptamine (DMI), or some other type of psychedelic/hallucinogen to achieve said altered state? Or, could it be that their brains were releasing a neuro-endogenous form of these substances?

To me this didn't seem too far-fetched, for as I pointed out earlier, the CIA had been involved in experiments involving people, psychoactive substances, and mind control/reprogramming. In fact, these experiments were part of a top-secret operation by the name of MK-ULTRA. But then in 1966 (ironically the same year I was born), LSD research became illegal and banned. Then, in 1970, almost all hallucinogens and psychedelics became Scheduled substances.

However, some limited government sponsored research involving humans and psychedelic and hallucinogenic substances continued throughout the 70's, which by the way, was the same decade when remote viewing research had also taken place over at SRI. Not only that, but I have come into information which states that SRI—where the studies, development, and experiments in remote viewing first took place—*was also involved in classified research with psychedelic and hallucinogenic chemicals by a contract from the US army.*

Could psychedelics and hallucinogens be linked to paranormal and psychic functioning, such as out-of-body states, remote viewing, subconscious reprogramming, etc. in some way? I was to soon find out.

As I continued with my studies, I found an invaluable book in the field of brain and mind research. The book is entitled: "The 3-Pound Universe", by Judith Hooper & Dick Teresi. In the book, the authors interview many of the leading scientists in these fields. I came to learn much about the brain and its mode of functioning from this particular body of work. For example, in one of the chapters I read about how our brains have the ability to manufacture neurochemicals and electromagnetic charges, which are responsible for changes in our states of consciousness. In fact, these electromagnetic pulses and chemicals are accountable for making us sleepy, angry, happy, and sad.

In other words, emotions and feelings are products of bio-electrochemical

interactions within our brain. In another chapter there was information on an experimental procedure performed on subjects, whereby applying minute amounts of electrical current to certain areas of the cerebellum induced out-of-body, déjà vu, and mystical-like experiences.

This book also contains a whole section devoted to altered states of consciousness. All in all, "The 3-Pound Universe" embodies a goldmine of information, which I used in order to better understand the brain, altered mind-states including NDE's, and even the possible mechanics behind OBE's. However, perhaps the most important discovery I made on this book, is about Dr. Stephen LaBerge's research on dreaming and lucid dreaming.

Lucidity in the Dreamstate

The skill of lucid dreaming or dream travel has been practiced for thousands of years mostly in Tibet, by yogis wishing to develop their dream state awareness as another step in their spiritual evolution. Recent studies conducted by Dr. Stephen LaBerge at Stanford University, have scientifically validated this ancient occult ability; bringing it out of the Tibetan ashrams and occult schools and into laboratories and mainstream transpersonal psychology studies. In fact, Dr. LaBerge—who wrote two books on this subject—has also invented a lucid dreaming induction device, which allowed some subjects in his lab to become proficient at this skill within a few weeks, instead of years of practice. He then went on to train a group of elite 'oneironauts' or dream explorers, to venture inward into the world of dreams, and communicate their findings to the outside world in real-time!

At the end of his first book, "Lucid Dreaming", Dr. LaBerge gives out the address of an institute devoted to this type of research; to which I wrote and obtained additional information on the subject. So then, what are dreams? Well, according to modern sleep and dream research this is what I learned.

If one is in a waking state of consciousness, the brain is receiving input from the environment through the physical senses—eyes, ears, skin, nose and taste. The brain then combines the information acquired from the physical world, with the perceiver's own memories and conditioned programming, and forms a 'model'. This model is what one experiences as sensual or sensory-oriented reality. In the dreamstate however, the senses are almost completely closed off from physical reality. Therefore, the senses stop making a conscious model of it. Yet the brain keeps working, and if it is very active like in REM (rapid eye movement) sleep, the brain continues to make models of things that are perceived with the non-physical or psychic senses—and which reside within one's mind.

There are two distinct phases of sleep: active or REM sleep, and passive or NREM (non-REM) sleep.

In the active phase, one's breathing becomes quick and somewhat irregular and the brain acts as if it's awake. While all this activity is happening, the body remains almost completely still—except for some small occasional twitches—thanks to an internal device within the nervous system that switches on during sleep. Thus preventing the motor mechanisms from engaging, and stopping the dreamer from moving and acting out subcortical activity experienced during the dreamstate. Hence one is temporarily paralyzed. This phenomenon is commonly referred to as sleep paralysis. It is very important that you know about sleep paralysis because almost all of the neophyte out-of-body explorers confuse this natural function of the nervous system with everything from thinking that they have died; to being held down by phantoms or demons. But now you know otherwise.

In the passive phase, the brain is doing very little, while breathing is slow and deep, and the metabolic rate is at a bear minimum.

There are also four stages of sleep. The first stage of sleep is called 'stage 1', and it is a state between drowsy semi-wakefulness and light sleep. Generally, in this stage, the eyes move slowly from side to side, and involuntary (hypnagogic) imagery drifts in and out of one's consciousness. In addition, high-amplitude theta brainwaves—which we will discuss in the next chapter—are present, and there is also an increased production of melatonin and serotonin.

The second stage of sleep is called 'stage 2'. Decreased metabolism, heart rate, and blood pressure characterize this stage. At this point a person is highly sensitive to noise. Finally, in stages 3 & 4, one's blood pressure, heart rate, and body temperature are at their lowest. This is a time when the body's cells undergo self-repair. One very important aspect of dreaming I should mention is that humans go from stages 1 through 4 about every ninety minutes. This is what is referred to as a sleeping cycle. Moreover, we go through about six of these cycles each night. At the end of each ninety minutes, we go back up from stage 4 through stages 3, 2, and finally arrive at stage 1, again. For my own reference, and that of this book, I call this new stage 1: 'delta 1', for it has now become different from the earlier stage 1. The reason for this is that by this point the dreamer has been in delta sleep for a while, and stage 1 has consequently become a REM dreaming cycle.

As the night progresses, we spend less time in NREM sleep, and more time in REM sleep. This is especially pronounced in the last two hours of the night, for at this point we spend up to forty-five minutes or more in stage 1 (and 2), or rather delta 1 (and 2) sleep.

The major problem that I encountered when I started to work with dreams, was my ability to recall them. I almost always had very poor memory about them in the morning. But as it turns out, I came across a couple of methods that presumably enhanced dream recall. One of them is self-suggestion—telling yourself before going to sleep that you will remember your dreams. This however, did very little for me. The other method I read about, consisted

of keeping a dream diary and putting a note pad and pen by one's bedside, so as to subconsciously coax the mind to start recalling nightly dream activities. I noticed that this method did help a little. However, it took me a few weeks to see a rather limited amount of worthwhile results. And then it stopped working all together.

I sensed that something was missing. After all, if emotions had a bio-electro-chemical component as mentioned earlier, could it be that dreams—which can sometimes be very emotional—have a similar component? Well, yes! In one of the books I was reading, I came across the work of a neuroscientist by the name of Allan Hobson, who maintains that when the brain enters REM sleep, it stops manufacturing the neurotransmitter chemicals responsible for memory. This perked up my interest of course, and although this was only a theory, I decided to look further into it.

To me this made perfect sense, for although humans have typically about six dreams each night, we have very poor memory about them, if at all. While continuing with this phase of my research, I found a couple of articles on CES, which stands for cranial electro-stimulation or neuroelectrical stimulation. I learned that CES therapy has been used outside of the United States for many decades in the treatment of various addictions. And although no medical claims can be made here in the United States because of FDA regulations, CES has been used in the treatment of depression, alcoholism, and substance abuse (cocaine, morphine, etc.) in Europe, Russia, and many other countries for over twenty years. Moreover, according to published medical reports, it is both safe and effective. (Nonetheless, always consult your physician.)

In Russia for example, CES or 'electric sleep'—as it is referred to as over there—is used on high-ranking military and political officials, because some tend to overindulge in alcoholic beverages, such as vodka. However, once they engage in CES therapy for about twenty days, they are cured from not only the withdrawal symptoms, but also both short-term and long-term memory return to normal.

Here, in the United States, the common knowledge of this type of information would of course drive substance addiction clinics out of business, because of the implications. Indeed, CES treatment only costs but a couple of hundred of dollars—and that's for the device itself! As opposed to something like twenty thousand dollars, which is what is charged to health insurance companies for 'FDA-approved treatments'.

Other noted benefits associated with this kind of therapy that are mentioned in the published medical literature are increased concentration, deep relaxation, mental clarity, improved learning, mood elevation, and an altered state of consciousness similar to that of 'jogger's high'. Furthermore, in almost fifty years of CES use, there have never been any known or reported side-effects. Except for a universally noted one—vivid dreaming.

This may be do to the fact that CES increases the amounts of neurochemi-

cals responsible for *memory* (could this type of therapy replace Alzheimer's disease drugs...?), which are secreted by the brain when bathed by CES frequencies. This led me to see that there was a connection between Hobson's theory (about the lack of manufacturing of neurochemicals responsible for memory during REM sleep) and the reported side-effect of CES therapy—*vivid dreaming*, due to increased memory. (I hope you can start to see by now how and why I was beginning to feel as though I was putting together some sort of consciousness development puzzle. Indeed, the pieces were not only beginning to appear, but also seemed to be falling into place all on their own.)

Well, with all of the seemingly promising benefits that CES had to offer, I decided to give it a try. Even though I have never had any kind of substance addictions—except for maybe chocolate and sugar. So I again did some research on the Internet and found a website that sells CES devices, and purchased one in order to experiment with it. The device I obtained was a BT-6, which stands for Brain Tuner model # 6. (The details of this and other brain technology devices will be presented in the next chapter.)

As it turns out, this device not only worked, but also after only a few days of use, I was recalling four and five vivid dreams each and every night without any effort at all! Yes, I was amazed at the results that using this little 'black box' brought me. And just as I had been with the Monroe audiotapes, I was very satisfied. Moreover, my cravings for sweets and chocolate had completely vanished too! It was incredible. (I wonder why is it that this type of information isn't given out or at least discussed by the American news media...?)

Well, by now I had uncovered little known about information on dreams, what they might be, and how to better recall them. Not to mention a surefire way to eliminate substance addictions. As well as how—with the use of lucid dreaming—perhaps one may be able to program oneself to become lucid in the dreamstate, and dream about a chosen subject or target. However, I was not very good at becoming lucid in the dreamstate yet, but at least I was recalling a lot of dreams every week. I reasoned that this increased my chances of becoming lucid while dreaming. And if I did awaken inside a dream, then perhaps I could somehow go over to a target and explore it. All of this was both intriguing and exciting to me, so of course I eagerly continued with my experiments.

Unfortunately, after a few weeks of trials, I realized that trying to become aware that I was dreaming, while still dreaming, was extremely difficult. Actually, I didn't succeed at all. I remember trying a technique that I had read in one of Carlos Castaneda's books for weeks. The technique consisted of remembering to look at one's hands while dreaming. This could then be used as a signal that would help one realize that he or she was indeed dreaming and therefore gain control over the dreamstate. Hey, that looked good on paper, but I could never remember to carry out those or any other instructions while dreaming. This of course frustrated me.

By this point thanks to CES, I could remember my dreams. Unfortunately, I still could not remember to do things inside of them. "There has to be a way." I thought to myself. Giving this a great deal of thought—and going over my finances—I reluctantly decided to give modern technology another try. So I ended up buying another piece of brain technology. After all, if the Monroe audiotapes had worked so well for me, as had CES, then why not give Dr. LaBerge's newly developed lucid dreaming induction device a try? It had a money back guarantee. "What could I loose?" I reasoned. Besides, I could always get my money back if it didn't work.

This particular unit was very expensive (\$ 1,200); but needless to say, it worked! After following the instructions that came with it, on the fourth night, I had my first lucid dream ever. Let me tell you that said experience left me reeling. In fact, it was similar to, no; it was actually about one thousand times *better* than virtual reality technology! For by using it, I became immersed in a seemingly solid, three-dimensional world just as *real* as this one! I mean, think about the implications of that last statement for a moment...

I recall that in my first lucid dream I was in a restaurant ordering some lunch, still unaware of the fact that I was dreaming. I was also in the company of a nice-looking young woman who was sitting with me. After a few minutes, the waiter approached our table and started to take our order. As he was looking at me and describing a platter's contents, I noticed something that startled me. His eyes started to flicker with a red glow, and his voice suddenly became a high-pitched chirp! This of course indicated to me or actually signaled me that I was dreaming. But the fact is that the experience felt as though I was in the real world!

Indeed, for all intents and purposes, I felt as though I was completely awake and not at all dreaming. I was lucid, cognitive, 'awake', and in full use of all of my senses and mental faculties *inside* the dream. It felt amazing! Then, in just a few seconds, I was experiencing such an endorphin rush, that I found myself waking up in my bed laughing and screaming at the top of my lungs, full of joy and wonderment.

However, I had this experience, and many others, with lucid dreaming *only* because *prior* to my first lucid dream I had followed Dr. LaBerge's instructions. Let me explain this carefully. The operation manual suggests the practice of what are called 'reality tests'. Some of these tests—because there are many of them, like for example the ones I described in the prologue of this book—consist of making a conscious effort to analytically examine *any* type of peculiar sounds and/or lights throughout the day in one's waking state for a few days or weeks. These can be the flashing or blinking lights of a car, the red light of a traffic signal, a car horn or telephone ring, etc.

Then, whenever the would-be lucid dreamer encounters one of these signals—in the real world or in the dream world—he or she will have hopefully built the habit of asking, "Could I be dreaming right now?" Could this possibly

be a dream?" One then tries to notice any kind of strange or odd occurrences or things that simply cannot be real, such as flying people, strange-looking objects, weird-looking creatures, etc. These can then be used as cues to lucidity.

In my case, I had already started to diligently train the analytical part of my mind to almost continually *question* my perceived reality. So the device worked in that sense. Otherwise, I might as well see a three-headed dog in a dream and begin a conversation with it—neglecting to notice the fact that I was dreaming. Because you see, the fact is that our *analytical* faculties are almost non-existent in the dreamstate. Therefore one may not realize, while still inside the dream, that these strange and offbeat occurrences are indeed impossible in the real world. And due to this, the dreamer will then accept said odd occurrences as possible and 'real' within the context of dream reality. For at the time of the dream, the dreamer does not realize that he or she is dreaming. Let me give you an example.

I'm sure you have had at least a couple of instances in your own dreams when you have found yourself talking with an ape wearing a tux, or with your neighbor or with your boss, who in the dream happens to be your brother, or some other similar offbeat occurrence along similar lines, and think nothing of it. In fact, while dreaming said event might seem normal, right? Well, by performing the reality tests just mentioned during the waking state (again, by questioning the integrity of lights, sounds, events, etc.) of course nothing odd or peculiar is going to happen or be noticed. But at night, when the device detects that one is dreaming and gives out the flashing lights and beeping sounds, these will enter the dream in a variety of forms and signal one to perform a reality test—causing one to question whether one could possibly be dreaming or not. And if one happens to become lucid while dreaming, then that's when the bizarre fun begins...

The more I experimented with this technology, the more fascinated I became with it. However, nothing prepared me for what was about to happen when I started to *combine* both pharmacological substances and devices. At one point I have to admit that I became confused and even scared, for the boundary line between physical reality and mind-created reality began to disappear. Although paradoxically, even physical reality is created by the perceiver's mind. And I again bring this point up because if you think about it for a moment, a chair for example, is not really a solid object at all. Instead, it is made up of empty space, with a few million atoms swirling within it. But the atoms themselves are massless.

In fact, as I came to learn, matter is composed of 'fields of information', which have *no mass*. So in reality then, a chair, or a car, or even a person, are in reality fields of information that the physical brain constructs into patterns of energy, which it can then relate to, and make associations about based on prior perceptual data stored in its memory banks. Given these facts, how can we then be so egotistical and say that only what we see with our eyes, hear with our

ears, and touch with our hands is 'real' and in fact 'reality'? Haven't we all done those things inside a dream with dream objects and even dream people? How can we then also define what 'reality' *really* is? Think about it for a moment. In a dream, things, people and even events are so real that we forget the fact that we are dreaming! Am I right? My point exactly.

Anyway, a few days later after my first experiences with lucid dreaming, I was in line at the bank waiting to make a deposit. Suddenly, all of the lights went out for a second and then came back on. This startled me and struck me as odd. Could I possibly be having a dream? I remembered driving to the bank and even waking up in the morning. Not only that, but people at the bank, including those in line standing next to me, smiled when the lights went out temporarily. Some even laughed a little. All of this made me feel a little foolish for questioning my waking reality in such a suspicious way. But that's the nature of this type of mental training, and must be performed on a continuous day-to-day basis. Anyway, when I arrived at the teller's window, I noticed that the teller handling my transaction had one eye and two mouths. I had been dreaming! I immediately woke up shocked by what had just happened.

These types of experiences continued for a few weeks and I was exhilarated. But I also began to become confused, and wondered if what I was experiencing at any given moment was really waking reality or dream reality. This taught me to never take 'reality' for granted, and just to be sure always question the 'reality' I found myself in—either in the waking or dreaming state. Consequently, I realized that continuous awareness of one's thoughts and perceived environment—mindfulness—is one of the keys to higher states of awareness.

By this point, I was very happy that I had learned something new—lucid dreaming. Moreover, I had learned many new and exciting things about the nature of the human mind and consciousness in general. Yet there was still much ground to cover, so I continued. The next thing on my agenda was the all-elusive out-of-body state.

The Out-of-Body State

It is not my purpose or intent to repeat information in this book about out-of-body experiences that has been written about elsewhere. There are a number of books about this particular altered state, and if you wish to familiarize yourself with the subject of OBE's, I encourage you to read the books that are available. The reason I say this is because the information presented here will be more 'advanced'—for lack of a better word—in nature. Not only that, but also most of the OBE information I have collected as a result of my experiences is surprisingly different from the information found in other books.

As mentioned before, OBE's and lucid dreams are the same thing. The only difference between the two is the time at which the analytical faculty engages

into action. In other words, in lucid dreaming, the analytical faculty or conscious awareness engages *after* one has completely dissociated from the physical body's consciousness. This is when one realizes that one is having a dream, or rather becomes lucid while dreaming. In contrast, during an out-of-body experience, the analytical faculty is retained *throughout* the entire process of dissociation from the physical body's consciousness. Thus, once the process is completed, the individual realizes that he or she is indeed out of the body and inside dream reality.

All out-of-body explorers believe that when they are out-of-body they start to function in their astral body—indicating that this is taking place in the astral plane. And if they travel to the mental plane, then they switch to their mental body, etc. (All of these names are arbitrary of course, but I am simply using them because most people are familiar with them.) Now, many psychonauts have observed that once out of their bodies, their immediate surroundings for example, are mostly somewhat imperfect copies or flawed replicas of their Earth/physical counterparts. Supposedly, this is because the objects they are seeing exist at a different and faster vibratory rate than the one of the physical dimension. Therefore their molecular structure, and consequently their appearance, is different than physical objects.

Some researchers even claim that the reason for these variances is because out-of-body explorers have not yet learned how to correctly see with their astral eyes—hence the discrepancies. But I feel that these theories and explanations may not be totally accurate. This is because most out-of-body explorers have missed the fact that there are dimensions betwixt the physical and the astral!

This may explain why the data collected about nearby surroundings, or about an object in a room for example, while engaged in laboratory-controlled OBE experiments, almost always never corroborates. This is because the explorer may have landed, traveled or tuned in to a probable Earth or dream system—complete with its own *version* of artifacts, places and events. Hence the discrepancies. However, experiments that have been successful are due to the fact that the explorer was indeed observing and gathering the data from *our* physical reality, while operating in the 'adjacent' subphysical dimension—our version of it—and not a probable one. It took me a long time to realize this, and a lot of the people with whom I shared this idea with thought I was wrong, but I wasn't. Let me explain why I am so sure of this.

One time when I had just left my body during an OBE, I turned around to take a closer look at my physical body, but to my surprise it wasn't there! This was very strange to me, for in the past I had always seen my physical body lying in bed asleep while I was in the OBE state. But that wasn't the case this particular time. After pondering this matter for a few moments (while in the OBE state), it suddenly struck me that the reason why I wasn't seeing my physical body in bed was because this time around I really *was* in the astral dimension!

Most of the other times—when I had seen my physical body asleep in bed—I had been in the subphysical realm (the dimension closest to the physical); and the other times, I had been in the realm of probabilities; looking at the body of a probable self! Let me elaborate on this very carefully.

First of all, if you are out of your body and in the astral dimension, then why would you be able to see your physical body sleeping in bed? For if you are in the astral dimension, and are observing an 'astral version' or counterpart of your bedroom, then you shouldn't be able to see your physical body, for it stays in the physical dimension; and you are now operating in the astral dimension! Think about it for a moment... Get it? At other times, if you are out of your body and the physical body lying in bed does not look like your physical counterpart, or the room looks different, it is because this time around you are observing a room and/or someone from a *probable* version of planet Earth!

Another way to illustrate this is with the commonly used analogy that the physical brain is very much like a television receiver; and alternate dimensions, worlds and realities, are like frequencies. With this in mind, if we desire to access a particular frequency (lets compare it to a radio or television channel) we would do so by tuning in to said frequency. Now then, if we are tuned to channel 5 and are watching the local news, then we could not access a Pay-Per-View Special. The reason being that not only would that require for us to change or to tune in to that other channel, but also that the Pay-Per-View channel is on a completely different frequency band, which requires a designated receiver (in this case a cable t.v. converter) in order to be received.

This same analogy can then be used for the OBE example. For if one is functioning in the astral dimension, or any other dimension for that matter, it is because one's mind is tuned in to—at that moment—to *that* particular system of reality or psychodynamic frequency domain (PDFD). Now, many out-of-body explorers report—when they are in the OBE state and in the astral dimension—that their familiar physical surroundings look somewhat different (furniture arranged in a unusual manner, alternate colors and patterns in the fabric, etc.), and at other times they look completely disparate (rooms are larger, furniture looks both ancient and futuristic, sometimes the room lacks furniture, or, they find themselves in a completely different place, such as a forest, city, etc.). Some scientists and researchers alike have postulated that this is due to the fact that since these experiences are taking place in the mind of the individual only, the physical brain is making up the surroundings out of stored memories. Therefore, these experiences are nothing more than hallucinations, and the images are only distortions of reality. Hence the discrepancies.

But based on my own experiments and explorations, I beg to differ. For I have come to find that when one projects out-of-body, one can end up in any of the many dimensions or sub-dimensions that exist parallel, or rather adjacent to our physical reality. In fact, through my own repeated explorations, I have found this to be the case, and consequently, I have mapped these divisions as

follows:

Physical==^

Subphysical===^

Probabilities====^

Psychological Warps===^

Dream Systems====^

Astral=====^

Causal

Mental

Etheric

The Void

?

Through nearly two hundred OBE's over the years, with and without substances and brain technology devices, I have noticed that when I am operating in the:

Physical [Dimension]: I can clearly see details of physical reality in real-time (as it is happening), including physical objects, events, people, and even pets.

Subphysical: I can only see rather murky details of physical reality, much as if they had a dim luminescence or 'film' around them. Because of this, I can *almost* touch and feel physical objects—but I really can't. In this frequency I can also see and sometimes even communicate with the earthbound spirits of those who have passed on; but that for some reason or another remain near the physical dimension. Likewise, in some instances, I have seen and communicated with either mine or someone else's thought-forms (pseudo-beings, which have a very limited sense of consciousness, awareness, and being). In this dimension it is also possible to engage in psychological time travel in *our* probability continuum (and not a probable one); using this realm as a platform. (More on the subject of psychological time travel on chapters 3 and 4)

Probabilities: I can clearly see and sometimes even merge or integrate with the mind and the body of inhabitants of parallel universes/Earths. Explorations of this particular PDFD are either in OBE/PSP form, in which case I remain an invisible and uninvolved observer; or I can touch and feel objects and even people by merging with probable selves of mine using PDI.

Psychological Warps: Sometimes earthbound spirits both accidentally or purposely tune in to this frequency and may be trapped here indefinitely. The 'fab-ric' of reality of this insidious realm is made up of what I call mindwarps or psychological warps. This is because apparently, the PdS (psychodynamic sig-

nal) in this dimension is very unstable, for it is made up of dissonant psychodynamic frequencies. And because of this, this realm is very much like the inside of a twisted funhouse. Apparently, it's a psychological wasteland of sorts.

Typically, this realm is accessed by individuals suffering from various psychological disorders and mental illnesses, such as psychosis, schizophrenia, depersonalization, derealization, paranoia, dementia, etc. These unfortunate individuals can and do become lost here in their thoughts, fears, beliefs, desires, fantasies, delusions, etc. If an inexperienced psychonaut finds himself or herself in this particular PDFD, then it is recommended that he or she immediately call upon higher aspects of one's higher Self for help. Otherwise, the explorer is in grave danger of losing its mind to this dimension. Beware.

Dream Systems: I can pretty much do anything I want in these particular realms (shape-shift, live out dreams and fantasies, fly, meet others in their dreamstate, etc.) because of the fact that the PdS (consensus) is very low or non-existent. I have also learned that these systems are a common meeting ground for different facets, or rather personalities, of the multi-dimensional Self, entity or Overmind. (More on this subject in chapters 5 & 6.)

Astral: This frequency is very much like the previous one, except that it is a place of gathering and learning for the departed personality/ego—in the soul form—if it *believes* in death, and also if it believes that it needs to come here. Others, such as myself, can simply dismiss with this frequency all together, and if desired, go *directly on to an immediate probability continuum* (on another parallel or probable Earth by using PDI), and continue on with his or her evolution. Thereby completely *bypassing* reincarnation in the commonly known linear sense, i.e., birth – childhood development – puberty – adulthood – etc.

Although there is a strong PdS in this particular PDFD, it is different than ours. For the PdS here has been established by human and non-human entities for the specific purpose of assisting souls with the arrival process (death); so as to explain what has happened, what may be expected, etc., as well as with the departure process (reincarnation), in order to reincarnate in the human physical dimension in a *historical/sequential* context. (More about this very important subject on chapters 5 and 6)

Causal: I can clearly see and also merge—if I so desire—with different facets or aspects of my current personality. For example, me at age five; or with *reincarnational* (me in a past life) personalities. Note that psychological time travel for the purpose of seeing past mass events or someone else's timeline is *not* feasible in this focus of consciousness. For this PDFD houses *only one's historical timeline*. In that regard, this realm exists inside one's own Overmind's memory data banks, and what is found here is—in eastern mysticism terminology—one's own (an Overmind's) "akashic records".

Mental: This is a non-human dimension. Ego disintegration and human personality annihilation oftentimes occur. Here I have visually perceived and even communicated with 'abstractions', such as wavelengths, algorithms, language, music, and syntax concept-entities, using PDI. This dimension appears to only be consciously accessible by the use of potent psychedelics such as DMT, and heavy doses of ketamine.

I should point out that oftentimes before I enter this domain there is a sub-level I must go through first. This in between realm is inhabited by a race of entities which sometimes take the appearance of the creatures described in fairy tales—gnomes, fairies, trolls, goblins, etc. I have learned that their purpose is to distract explorers who aren't sufficiently developed—psychically and psychologically—from entering these alternate alien-mind networks. Moreover, I strongly believe that most heavy ketamine- and DMT-using psychonauts visit these realms regularly, but only the more experienced are able to bring back any useful information about such abstractions. In my opinion, individuals such as mathematicians, musicians, poets, etc. oftentimes visit this realm unconsciously (without the awareness of the conscious mind) and gather concepts, which they then bring back as inspirations, formulas and ideas.

Etheric/Soul: Universal. Divine. Sublime. Beautiful. Oneness. Unity. Infinite. Eternal. At peace. Calmness. Love. God. It cannot really be described, it can only be experienced. Sometimes there is a sense of being in the presence of a powerful and loving 'light' when visiting this dimension.

The Void: The only way I can describe this realm is by asking you to imagine a state of non-being. For when you explore this realm you become nothing. In fact, you become aware that 'reality' and 'being' as such, are only illusions of the *human mind*, and therefore in reality have no validity other than in those illusory conditions. This realm, or rather state-of-mind (by the way, I have concluded that all PDFD's, including the physical dimension, are states of mind) must be *experienced* in order to truly *understand* what it is.

However, only the most experienced psychonauts or mind explorers should attempt to venture this far, and into this realm. For when they do, they *will forever be changed as human beings*. I present some examples in chapter 5. Indeed, going into the Void has changed my perception and realization of what existence is. Yet, I can not really describe what I mean in 'logical' terms. Because of the fact that this experience is *beyond* any logical explanation. The closest I can come to express what I mean is by presenting you with the following Zen koan: "How does one describe the indescribable?"

"Thank you!"...

?: All of these descriptions, even of the God Plane and the Void, have been the product of my human mind's perception and understanding. However, given

my somewhat extensive explorations of hyperspace, I know beyond any reasonable doubt that there are other planes of experience/existence that go well *beyond* those of being and even of non-being, matter and antimatter, etc; in which 'God' or Universal Intelligence also exists. However, they are far beyond what the human mind can *conceive, comprehend, conceptualize*, and even *imagine*... In fact, the human mind is *not* meant for these other states/realms!

Indeed, I have been informed by other further developed personalities of my Overmind, that the human mind must completely finish a state of metamorphosis that this dimension provides it, before it can enter into these other domains. Nonetheless, I have gotten brief psychic glimpses of these other realms, but unfortunately cannot verbally describe them. The only word that I can possibly use is: *beyondweirdbizarrenonzeronull*...! I know, I know, that that 'word' isn't much of a description, so I'll try something a little better.

Imagine that one day you wake up and all you see is the back of your head—up close. You can't see your face or your surroundings, or your other extremities, or anything at all. All you see is the back of your head. In fact, that is your whole world and your whole reality. Even if you tried to touch and grab behind you, or touch and feel your toes, or even run to another location, all that you'd see and feel is the back of your head—up close. Up or down, left or right, the whole world is the back of your head—up close. In fact, you are nothing but the back of your head, and only that. Nothing more, nothing less. Although far from it, that is the only example I can give you.

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As you can see, there are a number of places that one can end up in or purposely travel to, but for the most part we humans tend to visit the realm of probabilities and many dream systems (which are part of the astral frequency) in our nightly non-physical forays; so as to first see, and then choose what it is we want (or need) to physically experience (manifest) in *this* reality (Earth).

But make no mistake, the out-of-body state proved to be a difficult one for me to achieve on a consistent manner. But since OBE's and lucid dreaming are basically the same thing, I decided to approach OBE's in the same way I had approached lucid dreams. Let me explain what I mean.

As you may recall, I mentioned earlier that we go through about five sleep cycles each night. Each of these cycles lasts about ninety minutes. And at the end of each one of these cycles we enter a REM dreaming phase. Also, as the night progresses, we spend less time in Non-REM sleep, and more time in REM sleep—especially in the last two hours of the night. These last two hours of sleep are almost all dreaming sleep.

With this in mind, I decided to apply the dreaming sleep mechanics to

OBE's. This required me to modify my usual sleep patterns. So instead of me sleeping for eight hours straight, I would do the following: On a typical night I would go to sleep at 10 p.m. Then, I'd wake up at 2 a.m., and again, since each dream cycle starts every ninety minutes or so, I would stay awake until 3:30 a.m.

During this time I usually read material relating to lucid dreaming, OBE's, or remote viewing, so as to prepare my mindset for psychic functioning. Then, by the time I went back to sleep (about ninety minutes later), I would be right at the beginning of a dreaming cycle. While I was in bed waiting to fall asleep, I'd listen to one of the Monroe audiotapes (for example, "Exploration, Sleep" <Focus 10> or, "Mission Night" <Focus 12>). And while listening to either one of those audiotapes, I'd oftentimes become aware of my body gradually falling asleep, while I stayed mentally awake. What I found tricky in this process though, is that if I was too alert and not sort of sleepy, then the only thing that would happen is that I'd just lie there, consciously aware that my body had fallen asleep—but that's it, nothing else.

However, if I went through this process while I was just a little bit sleepy—and I emphasize *just a little bit*—then all sorts of strange visual and auditory phenomena would ensue. Which in turn would oftentimes culminate in an OBE. I believe that this *grogginess* is one of the keys that must be used in order to access the OBE state. As it turns out, I found that this grogginess is the result of the brain's release of its own endogenous hallucinogenic neurochemicals—one of them being dimethyltryptamine (DMT), which in my opinion is responsible for both dreaming and OBE's.

Now, while this process was taking place, the first thing that would happen is that I'd become aware of fleeting images such as strange landscapes, which would disappear if I tried to focus my attention on them. There were also a wide variety of sounds such as rushing winds, crickets, and even explosions. Furthermore, as I progressively relaxed both my body and mind, the stream of images would sometimes turn into whole scenes that oftentimes included people. Then, at this point, if I showed a *vague* desire to participate in them, the separation (OBE) would occur. This separation process always consists of a magnetic-like pressure/pull from my body, while my entire consciousness seems to be enveloped by a loud and roaring wind. The outcome is an OBE.

Again, the major factor needed in order for this process to occur, is that I had to feel somewhat groggy from being sleepy. Yet cognitive enough to participate in the process and not fall completely asleep. Also, I had to remain a passive observer until the images became lifelike. Then, and only then, would I need to mentally and emotionally show a slight or detached desire/interest in order to enter into these scenes via an OBE. I was really intrigued by this halfway in between awake and sleep zone, which is needed in order to enter consciously into the dream/OBE state. But this was not the theta state of consciousness—as it is scientifically called—but more like a 'beyond theta', near

delta. Given the phase of my research, I immediately made a mental note to look further into brainwaves and the states of consciousness associated with them. (More on brainwaves in the next chapter.)

But the weird thing about the OBE state though, is that after the separation occurred, I would oftentimes find myself standing in my bedroom. And at other times, I would be somewhere else; even though I intuitively knew that I was standing in the same 'space'. Indeed, it felt as if I was somehow seeing through the various layers of reality that separate all of the different PDFD's.

Anyway, my application of dreaming cycles together with OBE's proved to be a successful one. In fact, by this time thanks to the devices I had acquired, together with the information I had gathered, I was averaging about three OBE's per week. That's close to fifteen OBE's per month! But there was a problem. I could stay in these other dimensions for only very brief periods of time. Usually no longer than three minutes. For if I stayed in these dimensions any longer, I ran the risk of forgetting that I was out-of-body and therefore I'd get caught up in a dream event.

However, the more OBE's I had, the more of my self-awareness and personality I could take on these nightly journeys. Soon I was asking the people I encountered in my dreams what their names were (sometimes I would even ask them to spell them out so that I could write them down later); if they knew the fact that they were inside my dream (to which one of them replayed, "How can you be so sure of that? Maybe we're both inside someone else's dream."), and other similar questions. Nonetheless, even though I now had a bit more access to this particular psychic window, I could still not travel to destinations of my choice. What I mean is that whenever I wanted to go to some particular place, say the moon or the Eiffel Tower, I would always get 'lost' along the way.

For example, once that I was out-of-body and had the desire of visiting a particular location, I'd find that during the actual 'flight' there I always seemed to lose my concentration and/or intent and control, and therefore ended up somewhere else, or back inside my body. No matter what I did to try to resolve this problem (visualization, intention, etc.), was of no consequence. I simply could not get wherever I wanted. Still, I continued practicing and continued with my research.

CHAPTER 2

Brain, Mind & Technology

"The physical brain is a bio-electric organism which can be explained not only in biological, neurochemical, and electrical terms, but also in a quantum mechanical context."

Kzark Prestidius

New discoveries in the field of neuroscience over the past two decades have enabled scientists to learn more about the inner workings of the brain than ever before. Many of these new discoveries, such as the properties of various brain chemicals and their effects on consciousness, as well as the fact that brain activity can be altered by external sources including electromagnetic fields, various frequencies of sound and light, and special technological devices, have started a revolution in brain research. For example, by introducing two separate frequencies of sound to both ears—one in each ear—a frequency modulated pulse is produced, which causes a sympathetic vibratory response in the brain. This leads to the coordination of both brain hemispheres, resulting in a phenomenon called brainwave entrainment.

It is now possible to, using these devices, literally dial up oneself into states of reverie, past-experiences recall, deep concentration, hypnagogic imagery, heightened creativity, and sometimes even transcendent states. By using a brainwave synchronizer for example (also called a photo-sonic stimulator), which consists of an eyeset with built-in LED's, headphones, and a micro-computerized sound synthesizer, one can program the device with specific light and sound rhythmic patterns that will coax the brain to pulsate in unison with the flickering lights and pulsating sounds.

Therefore, if one programs a theta (hypnagogic imagery) session on it, the

device will almost effortlessly induce a non-meditator to achieve that particular brain state in about twenty minutes or so. This is accomplished in two ways: by the flashing light frequencies of the device's eyeset stimulating desired frequency rates (beta, alpha, theta, delta) in the visual cortex and hippocampus brain centers via the photoreceptors of the eyes; and by the pulsating sound frequencies—heard through headphones—stimulating the vestibular system, cerebellum, limbic system, and cortex via the nerve endings of the ears. (More about the different brain structures in just a bit.)

The effect is similar to the Monroe audiotapes, but in some cases even more powerful due to the combination of both sound *and* light. This results in a dual-induction synergistic effect. (I have also experimented using multiple 'chained' combinations including neuroelectrical stimulation; single, dual, and even quadruple binaural beat frequencies, light, sound, etc.) Although I have learned that the Monroe audiotapes don't simply use binaural frequencies to alter brain-wave activity. They actually employ special frequencies that resonate deep in the lower auditory centers—the olivary nucleus of each brain hemisphere—which mix together with the already present brainwaves; resulting in "interference combination patterns". These resulting patterns in turn give way to expanded or altered mind-states.

Before these new discoveries came about, neuroscientists believed that the brain's electrical activity, secretion of neurochemicals, and even biological functions were, like much of the human nervous system, beyond conscious control. However, pioneering studies in biofeedback and neurofeedback have proved that humans can control any part of their physical system. Indeed, using these two modalities, we can learn to consciously manipulate functions such as blood pressure, pulse, heart rate, and even the secretion of various hormones.

Also, by using highly sensitive instrumentation, such as an electroencephalogram (EEG), it is possible to measure the brain's electrical activity and simultaneously have the device 'feed back' said activity in understandable images and/or sounds. This data can then be used by researchers to observe and monitor the brain states of subjects, and even help change them, if desired.

One very important point I need to make is that by using biofeedback devices one learns to alter and control thoughts, moods and emotions; which in turn *then* affect physiological states/functions such as brainwaves, heart rate, pulse, etc.

As my research continued, I decided that I wanted to see what exactly was happening inside both my head and body while I engaged in remote perception, lucid dreaming and out-of-body projection. You see, I wanted to find out what brainwave patterns and biological changes were involved in these activities, because if you recall, on the last chapter I built an out-of-body remote viewing model from all of the common elements I found in the remote viewing books I had read. Again, the two elements pertinent at this stage of my investigations were:

- a) Manipulation of biological functions = **Biofeedback**.
- b) Manipulation of brainwaves = **Neurofeedback**.

Nevertheless, before spending money on EEG and biofeedback units, which I knew nothing about, I decided to get some information about them. So I went to the library and found two very informative books on the subject.

In the book "The Awakened Mind", by C. Maxwell Cade & Nona Coxhead, the authors describe how back in the 1970's, in London, England, they studied the brainwaves and biological functions (such as Galvanic Skin Response and Electrical Skin Resistance) of Zen masters, yogis, swamis, healers and psychics. To their astonishment, the researchers found that the brainwaves of these gifted individuals all had an identical pattern of activity! In fact, it did not matter whether they practiced Zen, transcendental meditation, or psychic healing. Whenever these individuals engaged in deep states of concentration, transcendence, meditation, or prayer, they all showed the exact same brainwave pattern regardless of dogma, religion, or belief system! This unique pattern the researchers called the awakened mind.

In that very interesting book, I also came to learn that the authors studied the brainwave activity of their gifted subjects on a custom designed EEG unit called the Mind Mirror®, which enabled them to read the *combined interaction* of all four types of brainwaves—beta, alpha, theta and delta. For as I came to learn, typical EEG's only read the *predominant* brainwave of the individual.

For example, if the subject is in a relaxed state, then the unit will only read the alpha waves, while filtering the others. However, it has been discovered that *all four* brainwaves are constantly interacting and changing. And the neat thing about the Mind Mirror is that it displays, and even records, all of these different interactions in patterns and in real-time, for later scrutiny. Armed with this valuable tool, Cade and Coxhead went on to help other individuals develop this advanced state of mind. Originally, the gifted subjects—most of them Zen monks and yogis—underwent some ten to twenty years of mental exercises and discipline to develop this awakened mind pattern/state of mind. But now, thanks to the visual aid of the Mind Mirror and other biofeedback technology, students could develop this ability in only a couple of weeks.

In fact, Swami Rama, one of the gifted subjects featured in "The Awakened Mind" and in "Beyond Biofeedback"—another excellent book on this subject by Elmer and Alice Green—said that he wanted to incorporate biofeedback and neurofeedback devices to help with the training of his students, at his ashram; and accomplish what would regularly take ten years in ten days!

Another thing I found inspiring in this phase of my research is what I read in the book "The High Performance Mind", by Anna Wise. The author was both an assistant and student of Cade's, and she began conducting her own research here in the United States starting in the early eighties. While performing this type of brainwave research she also found the same awakened mind

pattern in gifted musicians while composing, artists while painting, mathematicians solving difficult equations, and even in scientists making a breakthrough! Apparently, this pattern of brainwave activity was not only related to mystical, psychic and transcendent states, but is also associated with any highly creative and mental endeavor.

This was intriguing to me, and I of course wondered if I could possibly be producing the awakened mind pattern while I engaged in remote perception or in out-of-body projection. I was also interested in seeing what kind of patterns some of the pharmacological substances I was experimenting with evoked in my brain. Since this seemed highly interesting to me at the time, I went ahead and again purchased three more pieces of brain technology equipment. However, in order to do this I had to get a bank loan, for these instruments were very expensive. But something told me it was the right thing to do.

In a matter of weeks, I had in my possession the legendary Mind Mirror®, a multi-frequency computer-based spectrum brainwave analyzer <\$4,000> (that's right, four thousand dollars!); the ThoughtStream®, a compact skin resistance (GSR) biofeedback training unit <\$150>; and a D.A.V.I.D® Digital Audio Visual Integration Device/brainwave synchronizer <\$1,200>. My little home office was beginning to look like a mad scientist's laboratory, but by now I was on a mission.

The Bodymind

Biofeedback and neurofeedback are technologically sophisticated ways of becoming aware of bodily (bio) and brain (neuro) functions. This is accomplished with the help of an audio and/or visual cue (feedback). This way, by being able to know what is going on inside our bodies, we can influence these functions.

Based on my experiments, I have come to realize that we are not body and mind (two separate entities), but rather a 'bodymind' unit. By learning bodymind communication skills one may say: "Pulse, calm and regular"; or, "Heart rate, slow down", and these bodily functions may be influenced. However, in order to accomplish this, one must switch from the sympathetic nervous system (associated with arousal) to the parasympathetic system (associated with relaxation). Yogis have done this for thousands of years by focusing their minds on particular *images* and emotional *feelings*. Apparently, when we relax and use our *imagination* (creation of images), we seem to be tapping into the primary creative energy of the universe.

Our brains produce electrical sweeping currents called brainwaves, which are measured in both frequency and amplitude.

The frequency is the speed of electrical oscillations, measured in cycles per second (or hertz).

The amplitude is the momentum of the electrical impulse, measured in mi-

cro voltage.

These can be examined with the help of an electroencephalograph (EEG), and although we are never producing only one type of brainwave at a time, it is useful to become acquainted with each one of them for later reference. As mentioned earlier, there are four types of brainwaves—beta, alpha, theta, and delta. And in specific combinations they correspond to distinct states of consciousness. Take a look at this chart for a visual representation:

Beta	18-35 Hz.	Awake and alert
Alpha	8-12 Hz.	Relaxed
Theta	4-7 Hz.	Hypnagogic imagery and reverie, near sleep
Delta	0.5-3 Hz.	Sleep

So, if you are hooked up to an EEG, you can literally see what is going on inside your head! Again, certain images and feelings allow for the manipulation of one's brainwaves, and by controlling these one can then affect one's state of mind. But not only is it possible to affect our brain states, we can also do the same with other parts of the body. The neurons in our brain act as messengers that communicate through various networks of our bodies; and they can be influenced to carry out specific instructions. Neurotransmitters transmit nerve impulses (orders) across the synapses, thereby allowing the brain neurons to communicate with the rest of the body. I have learned that in order to achieve this kind of interaction consciously, one needs to imagine or visualize and *believe* that one is doing so, and then gently *expect* it to happen.

You might be wondering "Okay, but if I have to use imagery to communicate with my body, what if I don't know what my neurons or internal physiology look like?" Well, don't worry, for the *concept* is what matters, not the physiology. Your cells 'know' your innermost wants, feelings, and beliefs! Believe it or not, what it comes down to is belief—what you think you can or can't do. In that regard, belief is a powerful filter of perception; and remember that what you perceive, or are capable of, is what becomes your reality.

Our bodies cannot be completely understood without the acknowledgment of its remarkable intelligence. The physical makeup of its neuropeptides and biochemicals are nothing compared to the body's innate ability to know when to manufacture what neurochemicals, which receptor sites they need to be sent to, and even in what quantities. But where does this intelligence come from? Well, some scientists speculate that it comes from the mind, and although non-material, the mind is able to affect matter (our physical bodies). Wherever a thought goes neurotransmitters must go to, and without them no thoughts could exist. Therefore, amazing as it may sound, to *think with intent* (or even to react to something in a particular way) is to practice brain chemistry manipulation. Consequently, it can then be said that thoughts *create* neurochemicals and biochemicals—molecules are literally created by thoughts. In that sense, the

thought and the molecule are one and the same.

As you can see, learning about all of this shed new light on what I thought was possible for the mind to do. According to what I had found so far, a properly trained mind is capable of controlling matter—the matter that the physical body itself is composed of. However, I was to soon find out that the mind was capable of much more. Moreover, I was also beginning to internalize that the mind was in the body, and that the body was in the mind.. In other words, our state of health, self-image, state-of-mind, and even our physical appearance are literally created by what we think. Which is the same as to say that we consistently create ourselves based on what we think ourselves to be...! We are created in our thoughts—literally. Our thoughts create us in all aspects. That means that not only can one create its inner environment, but one can also create one's outer environment as well. In that sense, we can create our lives—including all of our experiences! That means that you and I are creators like God, but in a smaller scale. As you can see, the implications of this are quite compelling.

Anyway, as I read book after book about what the mind is able to accomplish in normal as well as paranormal terms, I realized that no matter what religion or culture, or in what part of the world individuals live, whenever they undertook the task of developing themselves mentally, they always use a number of tools. For example, Tibetan monks use gongs, bowls, candles, chanting, etc. Shamans use chanting, as well as rattles, drums, etc. But I was surprised to learn that both also used either one type of psychedelic/hallucinogen or another, in order to induce certain ecstatic and altered mind-states.

This finding surprised me quite a bit. For I had previously held the notion that they didn't use any substances whatsoever to engage altered states of consciousness. I thought that they somehow just did it without the use of any substances. But I had been wrong. These men and women underwent rigorous training that involved both artifacts *and* psychoactive substances. In chapter 4, I will cover the subject of consciousness-altering substances in depth, but here on this section, I will share with you what I have learned about the modern 'techno-shamanic' artifacts available to influence brain functioning.

Brain Technology 101

In order to facilitate the training and development of altered states of consciousness conducive to paranormal functioning, I have taken advantage of the tremendous amount of scientific information on the brain and the mind sciences available today. I have also incorporated the aid of modern, sophisticated, and computerized techno-shamanic tools. These methods and tools have been used by individuals for thousands and perhaps even millions of years. One example is the ancient use of drumming, chanting, and the flickering

light of campfires together with the intake of plant teachers used by shamans, in order to alter their own as well as their tribal members brainwave activity, so as to enter a trance or altered state of consciousness.

Today, one may obtain similar results with the use of a light and sound brainwave synchronizer (and a pharmacological substance). As previously mentioned at the beginning of this chapter, a brainwave synchronizer consists of an eyeset, headphones, and a micro-computerized sound synthesizer. The eyeset has in it tiny light bulbs or LED's that replace the campfire, and the sound synthesizer replaces the drumming. One then programs the device to flicker the lights in combination with the beats produced by the synthesizer, which are then listened through headphones. Consequently, by programming it to target a particular brainwave frequency, it will effortlessly and efficiently guide the user's brain and mind into the desired state.

Although I have to honestly admit that the most interesting and valuable insights and experiences occurred to me from my *combination* of brain technology devices together with synthetic pharmacological substances and/or natural 'sacred' plants. It's as though the devices (or meditation, chanting, yoga, etc.) only take the user up to the threshold of particular psychological states. But in order to fully enter 'into' them one needs certain 'keys'—chemical in nature. These keys are specific chemical codes that our brains then read and accept. In that aspect psychedelics and hallucinogens *are* these keys.

Let me add here that the technology of brainwave synchronizers, binaural beats, and neuroelectrical stimulators is based on the brain-entrainment principle, which basically states that the brain's electrical firing of neurons and resulting brainwaves will resonate at the same frequency of presented signals via the auditory and/or visual channels. In other words, if one presents the brain with an external auditory and/or visual (or neuroelectrical) pulsating frequency of say, eight pulsations per second (the alpha range), then the brain, after a few minutes will automatically lock in with this speed rate, and therefore start resonating at that same rate. In turn, the four brainwave states [predominant]—beta, alpha, theta, and delta—result in different 'locations' in the psychological landscape of one's psyche when combined with different substances.

There are a wide variety of brain technology devices available in the market today. And based on my own particular needs, I came to use and collect the following:

D.A.V.I.D PARADISE XL™: This brainwave synchronizer has many features, which have made it one of the top-selling devices in the field of brain technology. It features 35 preset sessions, as well as a number of special sessions that can be purchased separately. This unit can be programmed either by hand or with a windows 95/98 computer. It also has 4 music modulation programs that allow users to play an audiotape or CD in synchrony with the flashing lights and/or sounds. The audio tones this device has are very warm and

pleasing to the ear. The sound choices in the XL are: digitized heartbeat, surf (white noise), pulsed pure tone, and binaural beats (both with variable pitch).

The D.A.V.I.D Paradise XL also features independent right eye/left ear rate control. This enables the user to experience two different brainwave states of brain stimulation simultaneously. This effect is very effective in inducing independent hemispheric stimulation—which means one can slow down the left brain's activity to say 5 or 6 hertz, while increasing the right's hemisphere to say 20 Hz. This increases the chances of successful lucid dreaming, and



The D.A.V.I.D Paradise

allows for interesting 'spatial' effects when combined with pharmacological substances. **Price:** \$ 600 to \$ 1,400 (Depending on the number of special sessions.)

PHOTOSONIX NOVA PRO®: This is the only brainwave synchronizer I have found that features *dual-binaural* beats. With binaural beats each ear hears a separate frequency, and then a third 'phantom' beat is created and heard by the brain. For example, if the right ear is presented with a tone frequency of 104 Hz., while the left ear is presented with a tone frequency of 100 Hz., the brain will then automatically subtract the difference between the two and 'hear' a tone frequency of 4 Hz. (This is almost the same *modus operandi* of hemi-sync audiotapes and CDs.)

In contrast, with dual-binaural beats, each ear hears a *mixture* of two tones. This results in chords, and consequently makes the tones sound very musical as well as richer and fuller. Thus, complex 'dual beats' occur, and the result is a

fascinating and swirling array of 3-D-like surround sound effects. This unit is one of my favorites. I especially enjoy its delta sessions, because they tend to color my inner voyages with sort of a 'spacey' flavor.

It features 50 preset programs with space for another 50 user-made programs. (I have also read about a new model called NOVA PRO 100, which features 100 programs, plus space to store another hundred. It also boasts other sound and operation options and features not available to the NOVA PRO, but I have not had the opportunity to try it out yet.) Like the DAVID, both NOVA PRO and NOVA PRO 100 can also be programmed either by



The Photosonix Nova Pro

hand or with a windows-based 95/98 computer. I highly recommend this device. **Price:** \$ 395

DREAMLIGHT®: This is the device pioneered and designed by Dr. Stephen LaBerge and his colleagues at Stanford University. This unit is a sophisticated biofeedback computer that features a microprocessor as well as a sleep mask, which houses photoelectric sensors. These detect one's eye movements during REM or dreaming sleep. Once the device detects that one is dreaming, it will give a preprogrammed cue that the user learns to recognize inside the dream.

In turn, this signals the dreamer to become lucid. This cue can be adjusted in a wide variety of parameters according to the user's choice, including brightness, volume, speed and length of cue, type of cue (ramp up, ramp down, random, regular), cue delay, flash frequency, and alternating (right/left) flashes. This unit also features a reality test button that helps determine whether one is awake in the real world or dreaming and 'awake' inside the dream world. (Although one still needs to do the mental excersices that Dr. LaBerge recommends. For in and of itself this device does not induce lucid dreaming.) It can



The DreamLight

even store dream data from up to ten nights. This unit is the Rolls Royce of dream biofeedback devices, and it is nothing short of a computerized sleep laboratory in a box. **Price:** \$ 1,200

Note: A less expensive model is also available, called the SUPER NOVA DREAMER, for \$ 399.

PROGRAMMABLE ELECTRONIC STATE TESTER® (P.E.S.T®):

This little gizmo is perhaps the most important conscious awareness tool one will ever use! The P.E.S.T is a beeper-like device with a programmable timer, which signals the user to stop at odd moments throughout the day and perform a reality test. This helps train one's mind to be conscious of its state of being, and also practice for 'in dreaming' reality tests.



The P.E.S.T

Reality testing was used as a means to lucidity in the dreamstate in the research conducted by Dr. Stephen LaBerge at Stanford's sleep lab. This device may also be used in combination with the Dreamlight or Super Nova Dreamer. Also, based on my experiments, I have found a way to use this device so as to help me not only determine whether I am dreaming or not, but also ascertain whether I am on a probable Earth, dream system, or the astral dimension. Yes, this little gizmo does wonders for increasing the mindfulness, attention, and awareness of the user. **Price:** \$ 150

BT-6 BRAIN TUNER®: A little known neurochemical fact is that as humans enter the REM sleeping (dreaming) cycle the brain stops manufacturing the neurotransmitter responsible for short-term memory. This is the reason why most of us can't remember the theme of our second dream last night, let alone complete dream experiences in general; even though all of us have between four and six dreaming cycles every night. Through my own experimentation I have found a way around this problem. In order to stimulate the balanced manufacturing of endorphins, as well as other neurotransmitters including norepinephrine, serotonin, and in particular acetylcholine (which is responsible for the storage, processing, and retrieval of stored information, i.e., memory), I have used a number of neuroelectrical stimulators like the Nustar®, Oasis®, Force®, and the BT-6®. But in my experience however, I have found



The Brain Tuner—Model 6

Bob Beck's Brain Tuner® to be in a class all its own, because of the stimulation of vivid dreaming it produces, which in turn can lead to lucid dreaming. This device consists of a small base unit the size of a pack of cigarettes, and an electrode headset that is attached behind the ears. (It may also be attached to the temples with optional electrodes.) Once attached it sends an electrical cur-

rent into the brain; but the current is in the microampere range. According to bioelectric research this current is similar to the current produced by the body's cells. And when the brain is electrically stimulated at appropriate frequencies and amplitudes, the body responds by increasing its manufacturing of endorphins—the body's own natural opiates—as well as other neurochemicals, including dopamine, enkephalins, etc. Moreover, psychiatrists have found that neuroelectrical stimulation produces states of euphoria and well-being, deep relaxation, and heightened awareness.

According to scientists and researchers, in neurophysiological terms neuroelectrical stimulation acts upon the reticular activating system (RAS), which is responsible for attention and concentration. It is also said to affect the autonomic nervous system; thereby activating the parasympathetic system, which is responsible for the "relaxation response", as opposed to the "fight or flight" response.

The BT-6 features a pulse modulation button that controls the rate of the output between 111 Hz., 7.83 Hz., and 1 second on and 1 second off (I have noticed that this allows for different mental effects while under the influence of hallucinogenic/psychedelic substances); and a pulse width adjustment between 550 and 220 microseconds (I really haven't noticed a difference between these two settings). An automatic shut-off timer (18, 33, and 63 minutes) is also featured. Unlike the simple sine waves used in other neuroelectrical devices, Beck's BT-6 uses an exclusive waveform, which according to him, bathes the brain with over 250 frequency harmonics. Also, in my experience, I have found that this device greatly increases levels of dopamine in the brain. This is perhaps the best neuroelectrical stimulator available today. **Price:** \$ 395

Note: Although this unit is sometimes very hard to find I recommend it highly.

OASIS®: This is the only *stereo* neuroelectrical stimulator available on the market today. It works either alone or in conjunction with the D.A.V.I.D. or



The Oasis

PHOTOSONIX brainwave synchronizers.

However, for it to work in 'stereo', a dual-brainwave frequency stimulation must be used. In other words, unlike the BT-6, which sends one signal of electro-stimulation to both brain hemispheres, the OASIS—when hooked-up to a D.A.V.I.D, for example—sends two *separate* stimulation signals—one to each brain hemisphere. This allows for extremely weird cognitive experiences while under the influence of psychedelics and hallucinogens. (One of them is described in chapter 5.) **Price:** \$ 200

HEMI-SYNC® AUDIOTAPES/CD's: These audiotapes facilitate what scientists call hemispheric synchronization—a state of whole brain synchrony pioneered by Robert Monroe, founder of the Monroe Institute, and author of many OBE classics including "Journeys Out Of The Body".

In this altered state of consciousness both the right and left sides of the brain are not only balanced and integrated, but the brain's electromagnetic energy and brainwave activity become more organized and coherent. Research has revealed that theta brainwave activity (the state that most of these audiotapes target) triggers the formation of new and more complex neural pathways. This effect, known as "Long Term Potentiation", is said to be paramount to retrieving data from the subconscious mind.

In my experiments I have used the audiotape entitled: "Concentration",



Hemi-Sync Audio

together with special exercises in order to rewire and grow richer interconnections between both my hemispheres. Thus allowing me to engage in meta-normal brain functioning. (I will discuss and present some of these exercises later in chapter 6.) These audiotapes are the favorite of consciousness researchers. I highly recommend them. **Price:** \$ 14.95 each to \$ 500 for complete sets.

Note: In my experience, the 36-audiotape or 18-CD set of "The Gateway Experience" program offers a lifetime of exploratory experiences when used in combination with pharmacological substances such as LSD, MDMA, ketamine and dextromethorphan. Also, the 12-audiotape set entitled: "Going Home" used together with low dosages of ketamine, has enabled me to have OBE's or NDE's (near-death-experiences) almost effortlessly. It should be noted however, that the Monroe Institute *does not* recommend that any substances be used in conjunction with their audiotapes or CD's. Although I have noticed that some interesting synergies do occur from their combination with psychopharmacological substances.

MIND MIRROR III®: This legendary electroencephalograph (EEG) has two channels that perform real-time analysis of fourteen frequency bands (delta through beta) in each brain hemisphere simultaneously. These readings are then presented as patterns, which are displayed on the Mind Mirror's LCD display or on a computer screen, via a fiber-optic cable and special MS-DOS/windows program. Moreover, digital filtering allows for excellent bandwidth in each frequency.

Another useful feature is that it offers an impedance meter, which insures good electrode contact and therefore eliminates possible false readings. Researchers may record full sessions to a PC hard drive, or up to the last twenty



The Mind Mirror III

minutes of a session on the Mind Mirror itself, which can later be downloaded to a PC. This allows for tracking the progress of brainwave training over multiple sessions. This is a professional-grade high quality EEG *specifically created and designed* to measure altered states of consciousness. **Price:** \$ 4,000

THOUGHTSTREAM®: This compact biofeedback unit accurately measures tiny changes in the conductivity of the skin as a result of different thoughts and moods. These readings are taken through finger probes that are then processed into audio and visual signals. The ThoughtStream features eight LED's that descend (change color) through twenty-five relaxation levels. For example, every session begins with all LED's emitting a RED glow, but change color (ORANGE, YELLOW, and GREEN) according to one's change in skin resistance—state of relaxation. In other words, when one relaxes, the skin resistance to conductivity goes up; as one becomes aroused, the skin resistance to conductivity goes down.

By using this device then, one receives immediate feedback about how certain mental activities and/or exercises increase or decrease stress and relaxa-



The ThoughtStream

tion levels. The ThoughtStream also features a calibration process that allows for the unit to be set to the right sensitivity level of each individual that uses it. This feature also enables a user to change the sensitivity level and make it harder to change the LED's from all RED to all GREEN. Thus allowing for the development of deeper states of relaxation. **Price:** \$ 150

Neurofeedback Training

The first time I wrapped the 5-electrode Velcro® headband of the Mind Mirror to my head and saw how my thoughts and feelings changed the configuration of the patterns showing on the computer screen almost by the second, I was shocked. Not only was it surreal to see my thoughts and feelings transform themselves into visual representations, but I also began to realize how incoherent and asymmetrical our 'normal' everyday thoughts really are. However, just by mentally relaxing, the discordant patterns began to gradually show signs of symmetry. Thus I learned that by going into a meditative state, I could greatly increase said symmetry and synchronization between both of my brain hemispheres; which resulted in a mindful, peaceful, yet lucid state of being. Regrettably, this took considerable effort on my part and a lot of time—usually a couple of hours. It was therefore easy to become frustrated and discouraged.

But by employing the aid of some of my brain technology devices, such as my brainwave synchronizers, or the Monroe audiotapes (*by the way, never use a neuroelectrical stimulator unit while hooked up to an EEG, for you will burnout the EEG's delicate circuitry!*), I could achieve good to great results in under half an hour! This is what the remote viewers from the military unit referred to as their cool-down period or getting into their 'zone'.

As my knowledge about brain technology devices increased, I decided it was time to measure some of my internal physiological functions—first, during a remote perception session, second, during a lucid dream, and third, during an OBE. I also wanted to take readings of my brain while under the influence of various pharmacological substances. But I soon realized however, that in order to get any type of worthwhile readings of this type—my brain under the influence of pharmacological substances—I would have to use a different type of EEG. Perhaps something like a medical-grade topographic mapper or even a MRI (magnetic resonance imaging), which at the present time are beyond my means.

Now, since we are going to be talking about brainwaves and how the Mind Mirror visually interprets them, on the next page I am going to present you with a series of illustrations depicting how the Mind Mirror assembles brainwaves into visual patterns. This in turn will enable you to interpret the Mind Mirror readings as they relate to individual brainwaves, as well as interpret their dynamic interactive patterns. These readings, which will follow on page 101, were all taken during various mind-body activities that I engaged in for this specific purpose. Keep in mind that the changing patterns that the Mind Mirror displays occur *every* second. Therefore, the illustrated patterns on page 101 will depict a 'frozen' pattern on the LCD display as it appears in the Mind Mirror, which in turn will provide you with a visual representation of particular altered states of consciousness as I engaged in them. So, having said that let's continue.

LEFT HEMISPHERE

RIGHT HEMISPHERE

BETA	38 hertz
ALPHA	↑
THETA	(FREQUENCY)
DELTA	↓
	0.5 hertz
0	
←	AMPLITUDE →

To start of, the illustration above depicts the four names of the different types of brainwaves, as well as how they are measured in both frequency and amplitude on the Mind Mirror screen. Note that the left brain hemisphere is on the left side of the illustration, and the right brain hemisphere is on the right side. Also, note that the *frequency* (in Hz. or cycles per second) is measured on the *vertical axis*, with the highest frequency rate (38 Hz.) at the top; and the lowest frequency rate (0.5 Hz.) at the bottom. The *amplitude* is measured on the *horizontal axis* (see the bottom of the same top illustration) in microvolts.

The measurement of microvolts or strength of the signal produced by the brainwaves start at "0", at the center of the illustration (depicted by the line that divides both brain hemispheres), and it becomes stronger the further out it goes to the left of the drawing in the left brain hemisphere, and also the further it goes to the right of the drawing on the right brain hemisphere.

Taking the top illustration as reference then, you can see that the illustrations that follow below portray the various brainwaves at their strongest amplitudes (depicted on *both* brain hemispheres).

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BETA

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ALPHA

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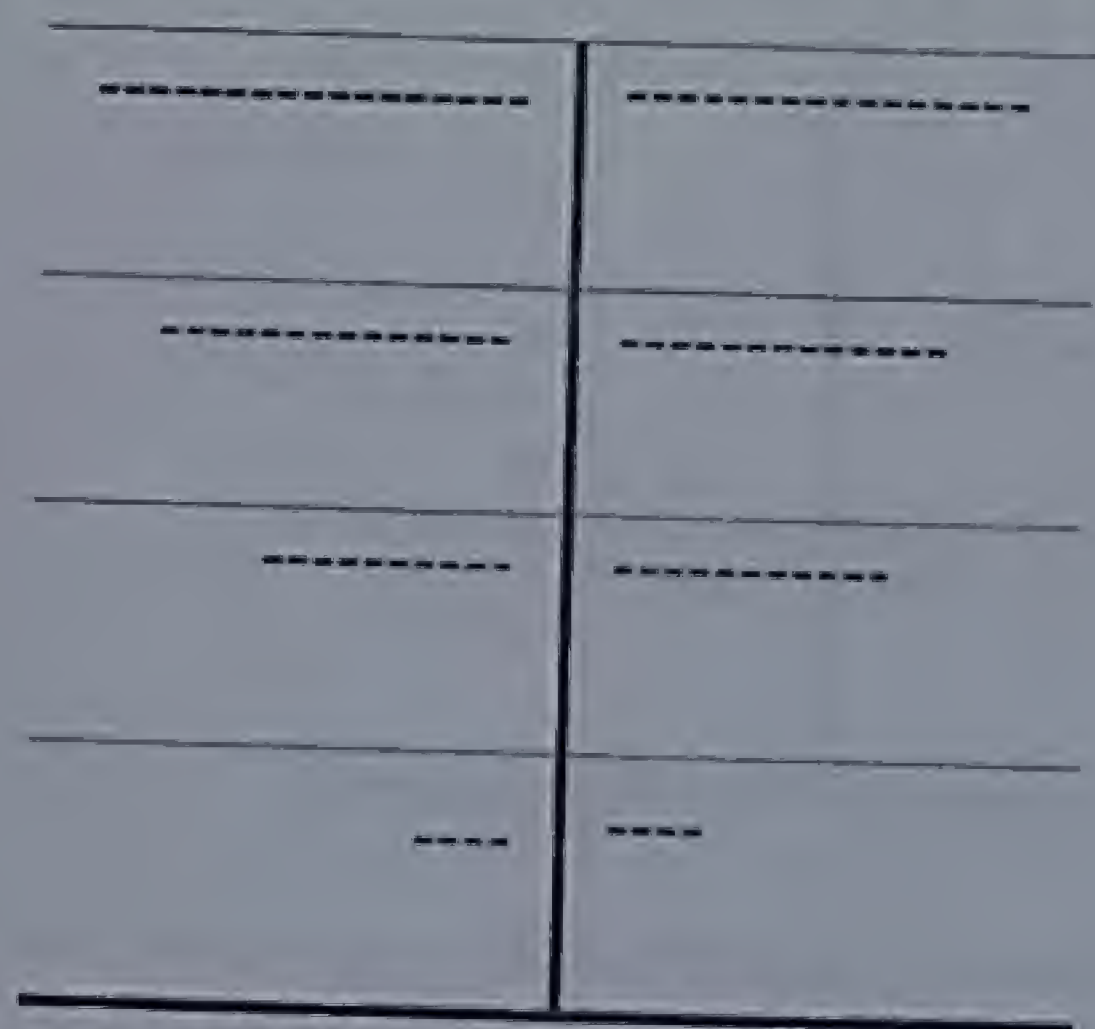
THETA

----	----

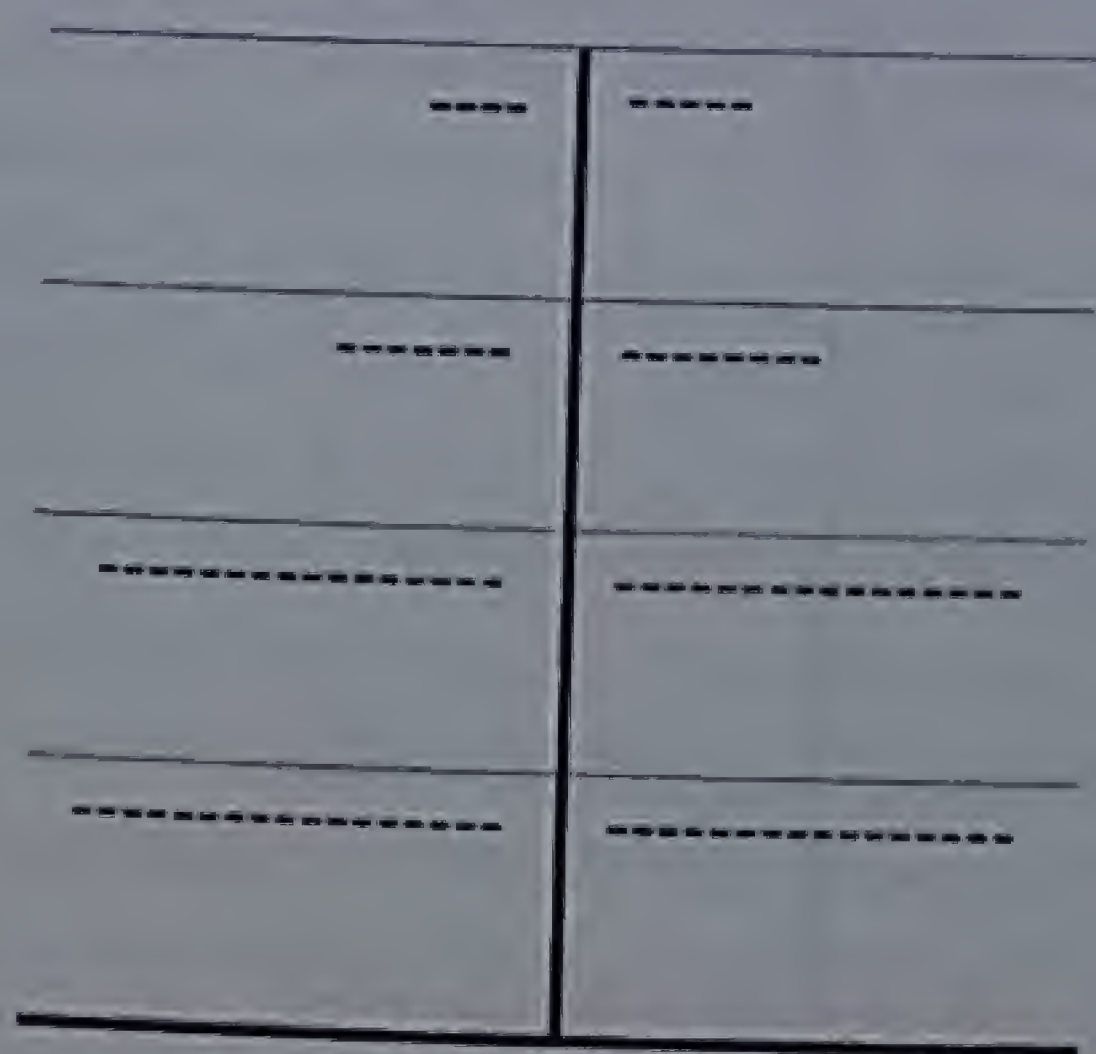
DELTA

In order to record natural self-induced altered states I decided to recruit my sister as my assistant, and instructed her to physically record on paper the brainwave patterns I showed on the Mind Mirror during a typical remote perception session. But I instructed her that she was to only record the patterns associated with correct impressions. Because you see, even though the device records brainwaves during a session, which I could later refer to, I had no way of knowing exactly at what point in the session I got a correct impression—thereby seeing the kind of pattern I was profiling at that exact moment. So if I was hooked up to the unit and only recorded my brainwave patterns during the session, there was no way for me to know *which* patterns corresponded with the *correct* impressions.

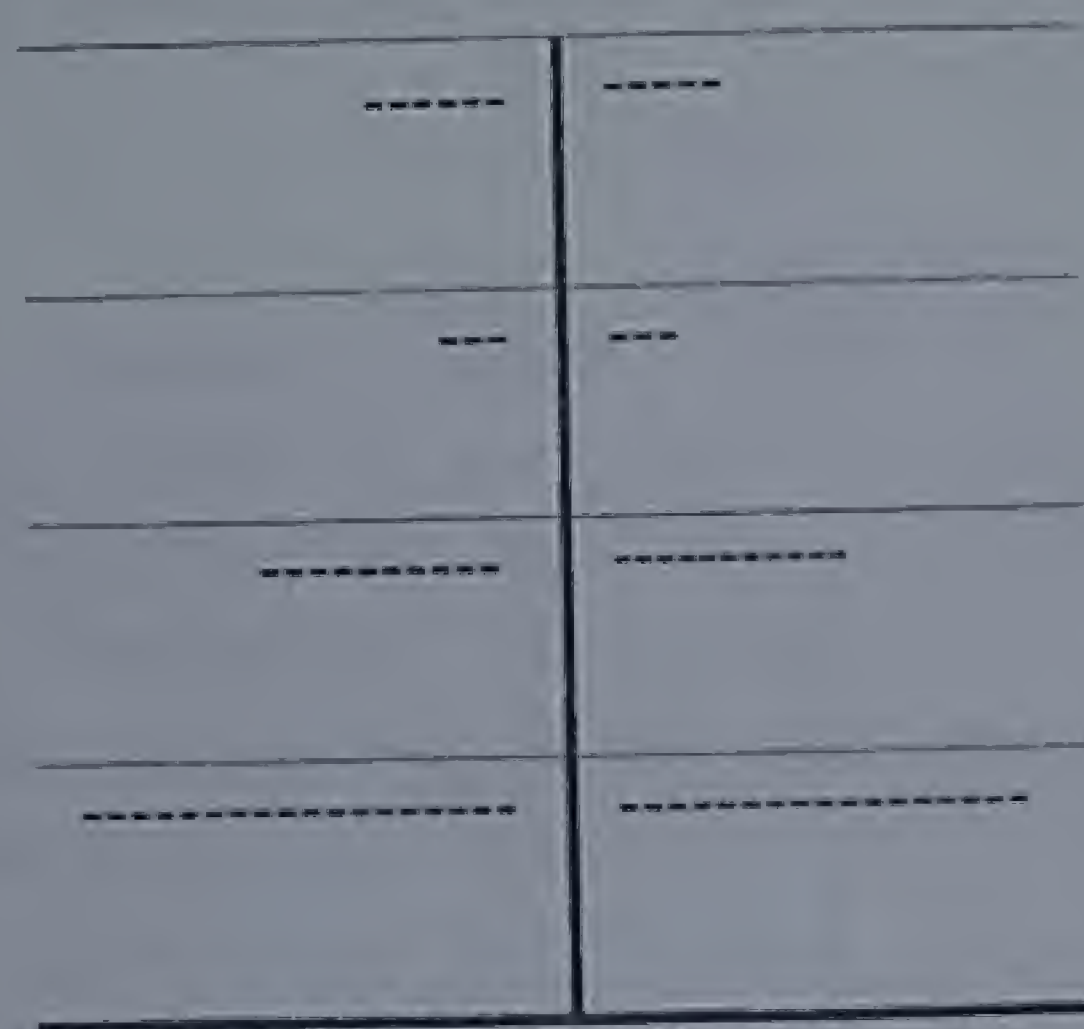
Consequently, I used a very helpful feature that the Mind Mirror has. This is a freeze frame trigger that connects to the device, and when pressed stops or freezes the changing real-time brain patterns; thus allowing one to see that one specific pattern. The following are visual representations of a couple of mind state patterns I recorded during an RP session:



As you can see on the pattern **above** (which is *not* associated with a correct hit), there is a marked increase in beta and alpha brainwave activity, with little theta and delta. On the second one however, which is shown **below** (which demonstrates a correct hit), delta and theta activity are greatly increased, while alpha and beta decrease.

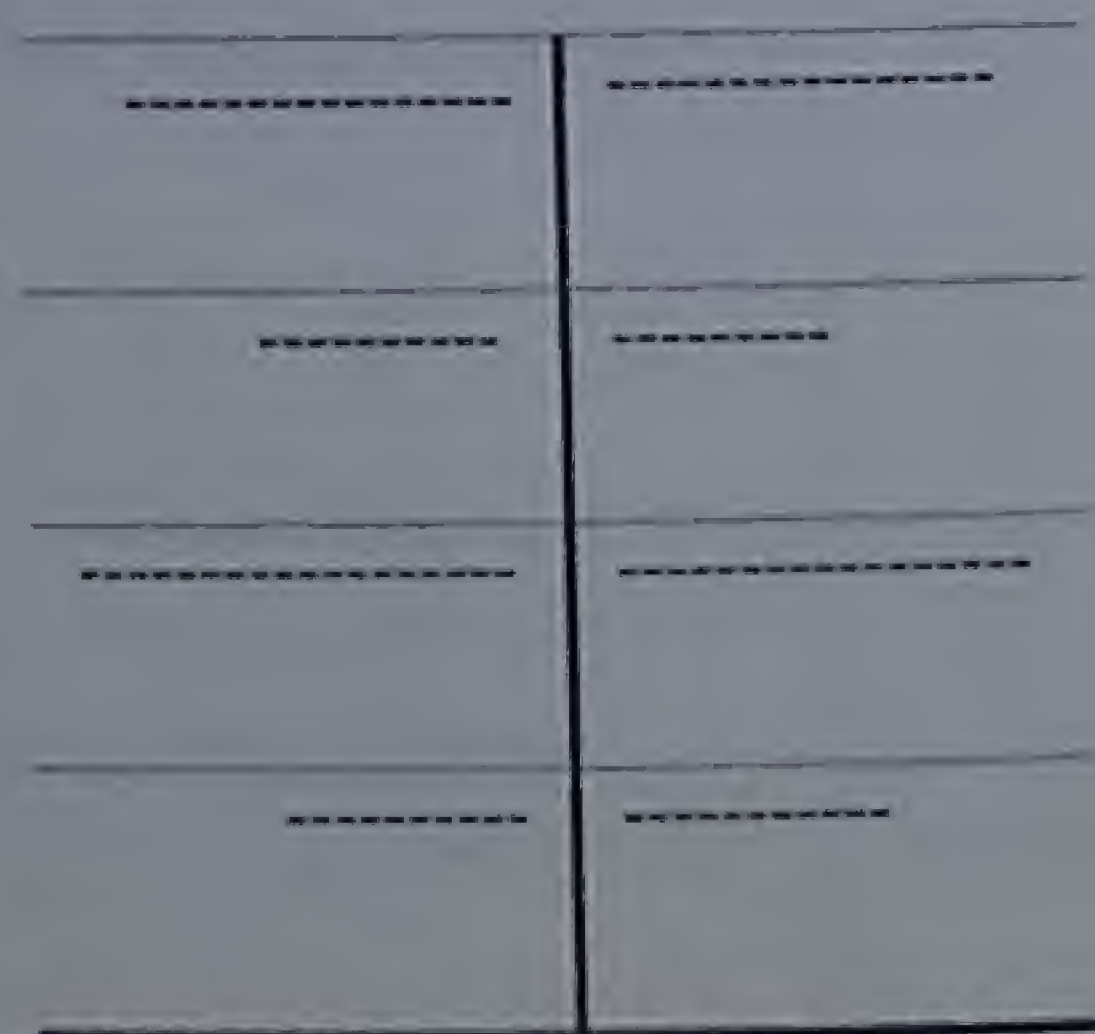


Next on the list was dreaming and lucid dreaming. For this experiment I instructed my assistant to start keeping track of the patterns appearing on the computer screen roughly about ninety minutes *after* I fell asleep. For as you may recall, we enter a REM cycle every ninety minutes. However, since my assistant was only available in the afternoon, the ninety-minute rule did not apply. Therefore I had to force myself to take a nap for these experiments; and rather than have my assistant stare at me until I fell asleep, began dreaming, and my eyelids began moving, I used a little ingenuity. Thus I hooked myself up to the Dreamlight and programmed it to give just two *faint* audio tones without any of the flashing lights. This way my assistant could read for a while until she heard the tones, and *then* start keeping track of the Mind Mirror's images. After about five minutes into my dream my assistant awakened me; thereby allowing me to go over the recorded patterns and see which pattern profiles were being displayed *during* a dreaming cycle.



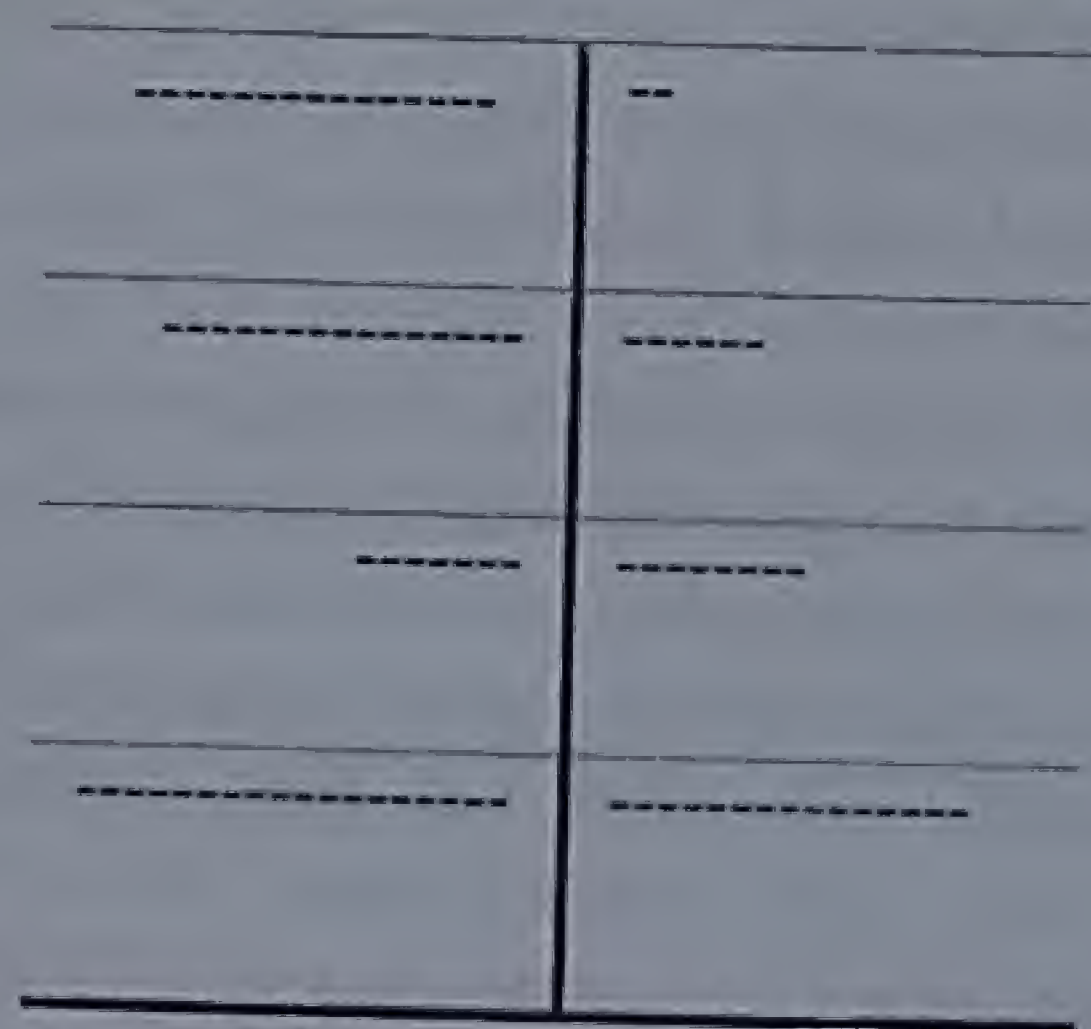
As you can see on the pattern above, beta and alpha activity are almost non-existent. Delta activity however, is heavy, followed by intermittent flares of theta.

For lucid dreaming, we did the same drill, but after I was awakened I reported whether or not I had become lucid while dreaming. It took a few tries but here are those results:



The pattern on the opposite page is very interesting for even though I am asleep, the brainwave profile shown on the Mind Mirror is very similar to that of a typical waking state of mind (except for the heavy bands of theta). In other words, according to this reading, I am both awake and dreaming. But the high beta flares in the 38 Hz range denote a high state of lucidity.

The time came to finally see what went on inside my head during an OBE. Though this task proved to be a little tricky. For there was no way for my assistant to anticipate the moment of my actual OBE. So for this experiment I was on my own. Keep in mind that as I attempted to record my OBE on the Mind Mirror, I had to remember what it was I was doing, so that I could return back to my body within a couple of minutes after the OBE and pause the Mind Mirror. Then after this, I could note what had just been recorded. (Remember that since the Mind Mirror has a built-in counter I could roughly estimate the time of the separation.) This of course took a few attempts, but nonetheless I did it all by myself. Indeed, I was surprised and extremely satisfied at the amount of mental control I was beginning to have. Here is that pattern:



On this last pattern you can see that at the moment of engaging in the OBE state there is a lot of asymmetrical activity. Mainly, lots of left brain beta and delta activity, with mid-range alpha and low theta. To me this indicates that the key to retaining one's lucidity or awareness throughout the entire separation of the mind-from-the-body process, is that one needs to have an extreme conscious awareness (represented by left brain activity) of a subconscious process (represented by the high theta and delta activity in the right brain). I also noticed that a sort of polarity change/ reversal occurs during an OBE. What I mean is that even though one's brainwaves slow down dramatically, they also accelerate after a certain point during the actual experience. In other words, there is a marked *decrease* in amplitude of both low to mid-range beta waves, and a complete absence of high-range beta waves. But an *increase* of both theta and delta waves across their full spectrum. (In my experience this results in a state of no-mind/no-time, in which I have no thoughts, but am still aware of the fact that I am not thinking!) Then, when the separation occurs, there is a lot of activity in high-range and high-amplitude beta and alpha waves, and high-amplitude low-range delta waves, but little activity in the theta spectrum. Consequently, I feel that these are the structural

elements that are key for successful OBI/psychoportation states. Because in these altered mind-states one is always aware of what is happening, as well as recording to memory a number of 'mental snapshots' of what is seen and even experienced. In that sense, psychoportation is used to explore any given PDFD, and return with perfect recall of what has taken place.

Biofeedback Training

When I first started my biofeedback instruction it felt very much like meditation training. However, I immediately noticed that the biofeedback equipment allowed me to see, hear, and know whether I was relaxing *properly* or not. Let me explain. For example, when I believed to be physically relaxed, I would similarly believe that I was pretty much mentally relaxed as well. However, according to the Mind Mirror's readings I was *thinking* too much about being relaxed! This was graphically made evident by the high-amplitude beta flares in the LCD display. In contrast, when I thought I was centered and relaxed, the Mind Mirror would in fact show a nice meditative pattern with mid to high-amplitude alpha waves, with little beta activity. However, the EMG channel on the Mind Mirror and the skin resistance reading on the ThoughtStream showed both muscle and skin arousal; which meant that although I was mentally relaxed, I was not physically at ease.

So, in that sense, thanks to biofeedback and neurofeedback monitoring, I was now not only able to *see* exactly if my mind and body were in sync with each other or not, but also pinpoint what was wrong with whatever technique or approach I was using for psychophysiological relaxation. I then realized, just as others involved in this field of research had done before, that the implications of this technology were truly revolutionary. Here was one foolproof method that any individual could use in order to *properly* learn the ancient techniques of mind and body integration/regulation.

And by doing this, one is then able to better prepare oneself to tune in inwardly and in to one's own inner-self. Because as I came to learn later—when I began incorporating both visionary plants and pharmacological substances in my experiments—the better the mind and body are prepared, the better the experiences one can expect. Thus, I sensed that the studies and training I had undertaken, as well as the tools I was now using, were similar to those of a shaman. In that sense I was becoming a modern-day shaman. Not only that, but I slowly began to realize that on some inner level I was being directed by 'someone' towards 'something'. Intrigued by these revelations I continued with my studies and research.

The Hypnagogic State

While studying the different types of altered states, I came across the subject of hypnagogic imagery. This type of image construction is not the self-deliberate creation of images one performs when one is daydreaming or visualizing. Rather, it is a spontaneous and non-controlled projection of images from the subconscious mind. These images are seen in the mind's eye or imagination. Again, this is not the alpha state where one consciously makes up images as in daydreaming. No, the state I am referring to occurs in between wakefulness and sleep.

The images produced by the subconscious mind and seen by the conscious mind while in this semi-sleep state are fleeting, vivid, and significant in nature. However, they tend to be so brief that they are usually lost to memory or erased, as one becomes alert and fully awake. The trick to seeing and remembering these images then, is to keep fully cognitive while remaining deeply relaxed so as to *almost* fall asleep. Yet not falling asleep completely.

Robert Louis Stevenson, author of the classic "The Strange Case of Dr. Jekyll and Mr. Hyde", learned that he could dream complete stories. This was also the case with Rod Serling, writer of the popular television series "The Twilight Zone"—whose highly creative and original story ideas often came to him in hypnagogic imagery and dreams. This form of unconscious creativity has not only helped artists such as Serling and Stevenson, but also scientists including Thomas Edison and chemist Fredrich Kekule von Stradonitz. In fact, von Strandonitz developed his theory of molecular constitution while in a hypnagogic state. Through a fantastic yet elusive dream symbol of a snake biting its own tail he eventually concluded that some organic compounds exist in a closed ring fashion!

In addition to these examples there are many others, as well as many anecdotes, which clearly illustrate that hypnagogic imagery is associated with creativity. Furthermore, I have found that it is believed that the large portion of ESP experiments, which yielded above-average results, were the result of subjects retaining awareness while in deep stages of theta—associated with the hypnagogic state. Another interesting thing I also found was that a large portion of successful remote viewing sessions performed for US Intelligence agencies were achieved by viewers who reportedly engaged in deep states of theta/hypnagogic states of mind. This of course was made evident by the use of both biofeedback as well as neurofeedback instrumentation.

The way I initially learned to engage in this type of brainwave training was by recording my meditative brainwave patterns using the Mind Mirror. By doing this, I learned that the highest theta activity (right before falling asleep) occurred in the occipital cortex (also called the visual cortex), which is located in the lower part of the back of the head. Empirically, I came up with the following method, which I use in order to enter the hypnagogic mind-state. For con-

venience sake, I will only list the *individual* beta, alpha, theta, and delta brain-waves in each level or phase of this process, as opposed to listing their constant dynamic interactions. Keeping that in mind, the method consists of the following: First, I get comfortable, close my eyes, take a couple of deep breaths, and simply relax. This takes me from a predominately beta state to a high-alpha state. After about five minutes of relaxation, I start to deliberately engage in simple mental constructions (imagery). By doing this I find myself in mid-alpha. After about another ten to fifteen minutes of this, I engage in constructing more elaborate mental images from *memory*.

For example, I try to see my living room and then change or move the furniture around. This, together with physical relaxation, enables me to reach a deep or low-level alpha state, near high-theta. Finally, the trick to getting to mid and low levels of theta, where rich hypnagogic imagery abounds, is to become so deeply relaxed that I begin to feel a marked sense of *drowsiness*. This is accomplished by imagining that I am closing my eyes *inside the meditation*, and again imagining myself falling into deeper states of relaxation and meditation within the meditation.

I theorize that this fools the brain into thinking that one's awareness is ready to disconnect from physical reality, for shortly after this, I notice a slow yet steady numbness creeping up from my feet all the way up to the top of my head. When the numbness reaches my brain—and if I manage to remain semi-conscious—it then culminates in an OBE. However, if the numbness doesn't reach my brain, I find myself in the hypnagogic state or theta reverie, instead. The feelings associated with this particular altered state, which I have dubbed 'beyond theta', are varied. In this altered state imagery is abundant, rapid and varied. At times, I feel and even see myself floating above city-like landscapes and country scenes. The feeling is similar to that of flying in dreams. Except that I am not asleep and dreaming. Instead, I am half-asleep and half-awake, yet as mentioned before, fully aware and cognitive but in a dissociated sort of way.

In many instances I have even experienced the cognition of future events. These manifest themselves in physical reality usually within a couple of weeks of my visual perception of them, while engaging in hypnagogic imagery. In fact, in one of my hypnagogic sessions I foresaw a car accident that I was to be involved in. In said vision I clearly saw the exact moment of the crash, and it was so sudden and real, that I came out of this twilight state with a loud scream. In addition, I also screamed *inside* the image of the car, which I was driving inside of my vision, right at the moment of impact. So in a sense it was like two screams happening at once. Hence, I came out of this state literally shaking from what I had seen and experienced.

About two weeks later, while I was driving home on a rainy afternoon and getting off at my exit, I spun out of control several times, and because of it, I violently hit the metal railing of the ramp I was on. The moment my car was spinning and as I hit the metal railing, I screamed in shock and fear. And at that

same exact instant I remembered what I had seen and experienced in the theta state a couple of weeks prior; and I swear to you that it felt just like *déjà vu*. For I had already experienced this same accident!

Then, in my waking reality—after my car came to a stop—I just sat there for a few moments really shocked and startled by the whole incident. The entire front-end of my Camaro was lying on the floor in pieces. And if that wasn't enough—and to make things really weird—a concerned driver stopped, started walking towards me, and asked if I was okay. I told him that I had no physical injuries and that I was indeed okay. But as I was getting out of my car in order to assess the damages, I noticed that the concerned driver was wearing a hearing aid. This gave me chills. Call it coincidence or synchronicity, but something inside me told me that I had failed to *hear* a message that had been sent to me. Although I had clearly seen it...! This incident made me ponder about the nature of reality, time, and consciousness for weeks. I don't know what else to make about said incident, but that was one of my experiences with theta training.

Another phenomenon I encountered while retaining awareness in theta was that my thinking process would sometimes change to an unknown and totally alien one; abruptly and without notice. My conscious mind however, would retain the awareness that I had become aware of some type of alternate thought pattern or 'false' memory. It was as if these alternate thought patterns could not be entirely processed by my conscious mind. For my conscious mind recognized the fact that they weren't part of my ego's/physical experience.

In other words, I would become aware of events that I had not been involved in—at least consciously. But where did these thought patterns and memories emerge from? I did not know at the time. All I ended up with was a strange sense of 'weirdness', and the memory of actions and events that weren't 'mine'. In time however, I came to learn that they were neurological pulsations emanating from alternate personalities or sub-personalities, which exist within my psyche (and in realities of their own); and that because of my training were coming through to my conscious mind as proxy or rather alternate thought patterns and memories.

Now, getting back to hypnagogic images, some of them were down right bizarre and unimaginable, and resembled the ones I would later come to see in my experiments with pharmacological substances. Again, the thing you must keep in mind is that ninety-nine percent of the time the non-drug induced images seen in the hypnagogic state are very rapid and fleeting. And if one is not careful these can not only be lost, but one will also fall asleep in the process of viewing them. So in that aspect engaging in hypnagogic or theta imagery is a very tricky process. Hence I realized that in order for me to conquer this next phase of my mental development, I would have to get around this particular obstacle—the memory and cognition of hypnagogic images.

I thought about this problem for a few days. Then an ingenious idea

popped into my head. Why not train my visual perception and memory retention by using similar fleeting but real and controllable images, such as the images from a slide projector? Because you see, with the aid of real images I had not only total control over the speed at which they appeared before me, but I also had something to help me gauge my accuracy afterwards. Thus, I reasoned, would help me along greatly.

So, with that in mind, I borrowed a set of slides and a slide projector from a friend. I then projected picture slides one at a time into a screen for just a split-second or so and then tried to describe the image, which I could barely discern in the first place; for it was too fast for my conscious mind to perceive and memorize. On my initial attempts all I would discern was nothing but a blur of each one of the images—nothing else. Still, I proceeded to describe them, at times even using my imagination. Although at first my imagination distorted the real data of the images.

However, in a matter of just a few sessions, I was effortlessly seeing, remembering and describing, *correctly* each slide projector image in its entirety! Then, when I combined this type of training with hypnagogic imagery, I became flabbergasted. Not only could I now see and later recall the hypnagogic images, but the same fleeting images would oftentimes turn into short motion-pictures or mini-movies that lasted up to a full minute!

For example, on one of my theta training sessions I saw in my mind's eye a number of tiny winged creatures, no more than five inches in height, and which resembled gargoyles. They were dark green and scaly and were flying near me. Unexpectedly, one of them came up to me and told me in a low growl to continue watching what they were doing. Then, without notice, they all morphed into ape-looking clowns and started laughing at me! This immediately brought me out of the hypnagogic state I was in.

Indeed, some of the scenes and imagery associated with theta training were right down bizarre, to say the least. But where did these images/scenes come from? I did not consciously create them. Moreover, some of these images were so incredible and 'beyond' that folks involved in creating special-effects for movies would kill for them. The stuff that inhabits these subconscious dimensions is truly fantastic. This leads me to believe that all "fantasy" comes from this sort of in between wakefulness and sleep or twilight state.

One thing I need to make clear is that the majority of times I tried to achieve the hypnagogic state, I simply ended up falling asleep. In other words, I would slip from mid-theta into heavy delta. But thanks to brain technology however, there was a way around this—sometimes. I say 'sometimes' because you see, by using a photo-sonic stimulator or brainwave synchronizer I could dial-up a specific program, theta reverie for instance, and have the device feed my brain said specific signal using the flashing lights and sounds. The device then starts by feeding my audio and visual cortex beta frequencies, and eventually gets my brainwaves down to the desired state, in this case theta.

In most cases this is effortless on my part. All I need to do is simply close my eyes and relax. The digital oscillating sounds coming through the headphones, and the flashing lights coming through the eyeset take care of the rest. However, sometimes even this wouldn't work. In fact, I don't want to give the impression that once I employed these devices it was all smooth sailing. I mean, sure, my goal was to eventually not need them in order to engage in my non-physical explorations. But I noticed that for some reason every few weeks or so I would have to go back to using them.

The reason for this being that at times I would go weeks, sometimes even months without any experiences, at all. It felt as though my brain would simply shut down and stop having paranormal experiences every so often. (At this time I had not experimented with psychedelic substances.) Again, for some unknown reason, even the devices would stop having an effect on me. Nothing worked. On the other hand, this was *not* the case with hallucinogens or psychedelics—as I later came to discover. Indeed, I could always rely on dextromethorphan, ketamine, salvia divinorum, or a mild dose of *LSD* or 'acid', in conjunction with hypnagogic imagery, to take me beyond the boundaries of our three-dimensional space-time system of reality.

In fact, I have discovered that the intake of a mild dose of *LSD*, at the appropriate time of day—while the body's metabolism is engaged in certain modalities including digestion—coupled with the actual coordinates of a particular location, and the method of hypnagogic training I described a few paragraphs ago, is the key to actually *seeing* images about a specific target remote in space and time—as the terminology 'remote viewing' implies! (More on this exciting breakthrough discovery I have made on chapter 5.)

My failure at producing OBE's (before my breakthrough with *LSD*) without any consistency, however, did not dishearten me. Instead, it both intrigued and challenged me. Moreover, by this point I reasoned that every time I visited another dimension I was doing so in some type of out-of-body state. I remember that I had made it—at that particular time—my sole and only priority in life to find out why the out-of-body state was so elusive. I also wanted to find what mechanism in the brain prevents OBE's from becoming a tool for accurate *physical reality* perception. I mean, sure, thousands of people have had and still have OBE's, in which they visit with dead relatives or engage in the exploration of other realities. But why can't they simply go across the street to a neighbor's house, or to a nearby convenience store, and later provide *accurate* reports on the activities that they witnessed while in the out-of-body state? Why could only a couple of the US military remote viewers perform this sort of 'out-of-body remote viewing' with any consistency, accuracy, and regularity?

In search for answers, I read and reread the books I had initially found on the subject, as well as others relating to the brain, the mind, and consciousness in general. I even went out and purchased my own set. In no time I accumulated a few hundred books on everything from neurophysiology to philosophy.

Still, something was missing. Hence I decided to take a closer look at how brain functioning may affect learning, processing, and retrieval of stored information and skills. In essence, what I wanted to know is just how is it that once we learn a skill, say riding a bike or reading, we keep it from going away or forgetting it.

I mean, once we learn these skills we don't suddenly forget them, right? We don't go for weeks (like I sometimes do with regard to natural occurring OBE's) without reading or walking simply because suddenly we just can't do these things anymore, correct? And then a couple of days or weeks later they simply return just as mysteriously.

Can you imagine if this was the case with all human learned skills? Like for example, you wake up one morning and call your boss up to tell her that you can't go to work for you can't get out of bed, because you simply can't walk! "That's right boss, I went to sleep last night, and this morning I've forgotten how to walk! And to make matters worse, I don't even know what time it is, for I've also forgotten how to read the numbers on my clock! I just can't do it!"

This just doesn't happen, correct? Well, it happened to me with non-drug induced OBE's. I could have them on a somewhat regular basis, say four to six on any given week, for about two to three weeks in a row. But then I simply could not engage in them for about an equal amount of time. Sometimes much longer than that—even months. Why? How come? What was the reason for this? To try and find the answers to this dilemma I decided to take a look at the physiology of the brain—its structures and how they functioned; and this is what I found.

Three Brains—One Mind

The human brain has two lobes or hemispheres. Each hemisphere has its own mode of operation, memories, and train of thoughts. The majority of people are left brain hemisphere dominant. The left brain is analytical, sequential, logical, focused in time, and deals with specific parts and details. On the other hand, the right brain seems to process acquired data in a non-linear, intuitive, and imaginative manner. Therefore, the right brain hemisphere is not aware of time in the normal sense. Moreover, intuitive flashes appear to spawn from this hemispheric brain region. This brain hemisphere also absorbs information rapidly and in a holistic manner.

An important point I need to make here is that the human body is wired in a crisscrossed fashion. By this I mean that the left brain hemisphere almost always controls the right side of the body, and the left side of the body is controlled by the right brain. Research into brain functioning has shown that the dominance that one hemisphere has over the other not only colors one's perception of reality, but actually determines the reality perceived.

Here in the west, left brain activity has been favored over right brain activity.

ity. In fact, our whole education system is based on left brain dominance. Rewards in the form of good grades are given at the skill of using the verbal and analytical left hemisphere. While the right brain's fantasizing, visualization, intuitiveness, and artistic inclination are cases for criticism and even punishment. Indeed, right-brained individuals are seen as lazy and disruptive daydreamers. Ironically, all geniuses and creative thinkers throughout history have insisted that their inspired ideas have come from their ability to engage in right brain functioning. Recently however, many left-brained individuals have recognized the futility of being left brain dominant, and have therefore undergone right brain activation training in the form of guided visualization, meditation, self-hypnosis, yoga, and even by using consciousness-altering drugs. Although ideally one should be able to *synchronize* and use both brain hemispheres in a holistic manner, so as to benefit from the use of both hemispheres simultaneously and in synchrony, while engaging in desired tasks.

There are also three other physiological components of the human brain. Each one corresponding with a stage of human evolution. The first part of the brain to have evolved in us is what is called the reptilian brain. This system is composed of the spinal cord, the brain stem, and the midbrain (also called the mesencephalon). The reptilian brain network controls self-preservation functions such as heart regulation, blood circulation and respiration. The reptilian brain has been present since the most ancient reptiles and it is still part of our neurophysiology today.

This particular brain structure happened to be very important in my research because it is the one responsible for periods of *alertness* and *sleep*. It is also the location of the reticular activating system (RAS), which is in charge of our arousal level and our state of awareness and attention. Therefore, the RAS filters out the familiar, while making sure that we pay close attention to the new. In that sense its dynamic function is similar to that of an attention intensity dial. In some cases the RAS may inhibit brain functioning—causing one to fall asleep or even go into a coma.

The next part of the brain to develop through evolution is known as the limbic system, which is situated around and atop of the reptilian brain. This component is responsible for our emotions—happiness, sadness, rage, fear, pleasure, and bliss. As mentioned earlier in chapter 1, electrical stimulation of the limbic system can cause symptoms similar to psychotic and psychedelic-like states. It has also been discovered that most psychedelic substances act by influencing this particular part of the brain. The function of this part of the brain is to color specific data that is perceived from the environment with love, affection, attachment, and even sexual behaviors. These, in turn, are processed and coded from this part of the brain. This may explain why certain psychedelic substances affect one's emotions and even color the experiences associated with them.

The last area of the brain to have developed is what is called the neocortex.

This part of the brain is mostly made up of grayish matter, and it is the one divided into right and left brain hemispheres. This structure is connected by a bundle of nerve fibers called the corpus callosum. The neocortex is what gives human beings their characteristics over other mammals. It is also the home of high-order cognitive functions including language, judgment and memory.

A curious piece of information I found about these three brain structures, is that because of some mishap in evolution, there is insufficient communication between them. However, it has been discovered that communication pathways between the reptilian brain, limbic system, and the neocortex may be established by engaging in techniques such as biofeedback, deep relaxation, and trance states. Apparently, this enables individuals to better integrate higher-order cortical and subcortical processes, so as to more readily access what are called transcendent experiences.

Now, it seems amazing to me that just until a couple of decades ago, all—I repeat—*all* medical textbooks indicated that the autonomic nervous system (this includes neuromuscular system, breathing mechanism, circulatory system, heart, pulse, etc.) was *impossible* to consciously control. However, autogenic training developed by Dr. Johannes Schultz, a psychiatrist and neurologist from Germany, enabled individuals to control these ‘uncontrollable’ physiological functions. Another ‘impossibility’ that has been recently demonstrated is the ability for individuals to self-regulate neurochemicals in their own brains. This one discovery is perhaps the most earthshaking of the last decade. Indeed, chemicals secreted by the brain, known as neurohormones and neurotransmitters, have been shown to have very profound effects on behavior and states of consciousness. Moreover, scientists have verified that sleep, anxiety, concentration, learning, and even some types of peak-experiences are directly influenced by brain chemicals.

Morphic Fields

As I continued to seek out how learning and the development of all mental and physical abilities came about (mathematics and karate for example), I decided to take a look at biology. For it somehow made sense to me that by studying how a species like ants learned to construct ant hills, as well as know their place and function in their particular society without the aid or use of language or books, I could perhaps correlate how *instinctual* learning took place in human beings. As usual I went to the library and I was lucky enough to immediately come across the work of British biologist Rupert Sheldrake. In one of his excellent books “The Presence of the Past”, Sheldrake makes an interesting argument and an intelligent and thought-provocative presentation on the mechanics of instinct, learning, behavior, memory and genetics. His theories go well beyond Darwin’s “Origin of the Species”.

Sheldrake basically explains that learning takes place not just by formative causation, i.e., accidental trial and error, but by species tuning in to what he calls morphic fields. These 'fields' are composed of information, vibratory in nature, which resonate frequencies that in essence contain all of the learned information that a group of species has acquired throughout its evolution. These morphic frequencies are then picked up by the corresponding species as behavior, instinct, and/or memory through their DNA.

I also learned that Sheldrake speculates that DNA acts as sort of a receiver, which picks up encoded information sent by a 'broadcasting station', which again, has been made up—'psychoenergetically' perhaps—out of all of the previously accumulated learning that has taken place throughout time by said species. Thus it becomes easier for a group of species—including the human kind—to learn some behavior or faculty once a critical number (critical mass) of its own species learns said behavior.

To better illustrate this, let me share with you the following example I came across as I investigated this particular topic. An interesting phenomenon occurred a few decades ago in the islands of Hawaii. For some unknown reason, the monkeys in all the nearby islands were not eating and dying as a result, even though there was plenty of fruit. Scientists from all over the world took notice of this phenomenon, and hypothesized that perhaps there was something wrong with the food supply from the islands. Therefore, the scientists had airplanes fly over to those different islands and drop fruit from other parts of the world.

However, this did not change things at all, for the monkeys still refused to eat and therefore kept dying. Then, a peculiar thing happened. While a couple of scientists were observing this anomaly on one of the islands, they came to notice that one of the monkeys cautiously approached the oranges brought over by the scientists. The creature then took the fruit in its hands and over to the beach, washed it, and proceeded to take a bite. After the first bite the little fellow screamed with joy and continued to feast on the rest of the fruit.

Consequently, other members of its clan saw what said monkey was doing and cautiously continued to do the same. A few hours later all of the monkeys in said island were eating the fruit once again. And, by the next day, the monkeys in the neighboring islands—lands which have no way of conventional communication lines with each other, and that are separated by miles of water—somehow picked up on this behavior and also started eating the fruit! As you can see, this new information was traveling between those islands in some unknown manner... Another example of this is the 4-minute mile. Up until the mid-fifties or so, no one could run a mile in four minutes. But then, after one athlete broke that 4-minute barrier, other runners from around the world also started to run one mile in four minutes... I hope you begin to see that what Sheldrake postulates—that learning for any set of species takes place by 'tuning in' to morphic fields that house particular traits—may indeed be the

case.

Furthermore, he believes that morphic resonance may activate patterns of electrical activity within the brain, which in turn engage the transmission of specific neuro-data through the nervous system. In some aspects the morphic field theory is similar to the hypothesis of formative causation, which basically states that other species who desire to learn a new skill that has already been established by others in the past, should be able to learn said skill much easier and faster. In addition, just like all of the world's population are predisposed with the ability to learn any language because of their present genetics—for it is a faculty required to operate in the present societies of this planet—so are we predisposed with other abilities, including psychic functioning. Therefore, I postulate that there may be a set of genes within our DNA responsible for paranormal functioning. However, since only a *limited* number of people engage in ESP, telepathy, etc. or are proficient at them, I believe that the psi morphic field in our dimension or PDFD is not as expansive as the language morphic field is—therefore making it difficult for these psi genes to pick up or rather tune in to the psi morphic field. Therefore, as with learning a particular language or any other skill, engaging in psi activity will tune one's brain and DNA in to the corresponding morphic field established by all of the individuals who are or have been—perhaps even will be, for time is non-linear—psi-able.

Notwithstanding, the reason why psi abilities are not common place in our society may be due to the fact that we as a species currently have been programmed along the lines of: "It is impossible to learn psi abilities because it is too hard", or, "Psychic abilities don't exist". This, of course, interferes with their acquisition. (Remember my earlier statement about beliefs being a powerful filter of one's reality.)

A possible way around learning and developing psi abilities however, may be to start acting 'as if' one had said abilities, by using one's imagination. (Do recall that when I started my hypnagogic training I described the images by making up some of their details using my imagination.) Which is ironically what mystical teachers and spiritual masters throughout history have always advocated: "Assume a virtue, if you have it not". This in turn will cause a greater psi morphic resonance to occur—if enough individuals participate in developing their minds in this specific manner.

Given all that I have learned as a result of my investigations, I believe that by entering into deep levels of alpha and/or theta brain states, one gradually begins to tune in to psi morphic fields. It also appears that electromagnetism, including neuroelectrical stimulation in combination with psychedelic substances, positively affects the tuning in to these and other paranormal morphic fields. I also believe that it is possible for humans to come into morphic resonance with probable versions of man—intellectually, mentally, and even genetically. In fact, I hypothesize that physical deformities such as dorchism, hermaphrodism, etc. are the result of said individual's consciousness—while in the

embryonic stage—to come into resonance with those morphic fields.

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The reason I am bringing this up is because I have found in my explorations that dwarfs and midgets for example, are the dominating species in alternate realities, but occasionally appear in our reality as 'oddities'. Again, psi abilities have a basis in morphic fields. And by using the human brain and the mind in specific ways—including the ingestion of psychedelics and hallucinogens—one can tune in to the appropriate morphic fields that contains them. In my case, I believe that my experiments enabled my consciousness to at times become attuned to a number of different morphic fields that exist as part of alternate PDFD's. In fact, after some of my experiments with brain technology and pharmacological substances, I began to get contacted, while psychoporting, by a probable version of me. My first conscious meeting (and in a waking state) with him was detailed at the beginning of this book.

If you recall, this other 'me' was almost identical to me, and basically said that he had been assisting me with my psychoportation experiments from an alternate probability continuum or parallel universe. (As I pointed out earlier, these alternate reality systems are just as 'real' as our system of reality is. Although to the inhabitants of any given reality theirs is the only and 'official' one. All others, including *this* one, are 'theoretical' and 'probable', and even non-existent. The reason for this occurrence, I have learned, is because of the PdS, which inflicts the *illusion of relativity* on the minds of the inhabitants of many human and physical-based systems of reality—such as this one. I will elaborate more on the PdS on chapters 3 & 5.)

Anyway, this probable 'me' continued by saying that at some point in 'his' *probable past* I had engaged in said experimentation, and, because of it, he had come into existence. But in order to make him a future *actuality* in *my* reality, he said that I must continue with my current experiments, research, and experiential development.

In other words, if I continued developing my consciousness in the ways suggested by him, I would find that I had shifted into *his* system of probabilities or space-time continuum... Thus becoming him—which from my perspective would simply mean that I was actualizing a future or rather a *latent* probability along one of my *many* probable space-time continuums.

Although this may be hard to believe for those of you who do not have a background in theoretical quantum physics, in the next chapter I will present a number of examples that will better illustrate why some of my experiences and theories do indeed have a sound basis in reality. I will also give some personal

examples on chapter 5, so that you may see if and how these experiences may have also been part of your life unbeknown to you.

C H A P T E R 3

Wave-Particles & Other Paradoxes

*"Time and space are modes by which we
think and not conditions in which we live."*

Albert Einstein

wave-par·ti·cle duality

wave-par·ti·cle duality (wāv'pār'tî-kel) noun

The exhibition of both wave-like and particle-like properties by a single entity, as of both diffraction and linear propagation by light.

par·a·dox

par·a·dox (pār'e-dōks) noun

1. A seemingly contradictory statement that may nonetheless be true: the paradox that standing is more tiring than walking.
2. An assertion that is essentially self-contradictory, though based on a valid deduction from acceptable premises.

The reason I have included the two definitions you have just read—and if you haven't please do so now—is because from this point on it may seem as though I will begin to heavily contradict myself. However, that is something that I can't do much about, for apparently, that is the way of 'higher-knowledge'. Please do keep in mind that I really dislike using the term 'higher', for it implies that things are arranged in a hierarchy of order, and I feel that they are not. But I must use it for the sake of semantics. Even the word 'advanced' doesn't sit right with me, but I hope that readers understand what it is I

am trying to convey.

Anyway, it is very important for those of you interested in thoroughly understanding the concepts presented in this book to have at least a basic understanding about quantum physics. But don't worry, there is no math or equations involved. I myself am not very good at math. However, one does need to reason and think. Yet cannot use 'logic'—there goes a paradox—at the same time. Why? Because in order for one to understand and even acquire the skills necessary to engage in paranormal functioning, or even begin to have an understanding about them, one must train or rather decondition the mind and awareness from its usual *modus operandi*. And this will sometimes have to be done at the expense of 'reasoning'. However, let's not forget that reasoning—our current and particular manner of reasoning—is dependent on our past mental programming.

As explained previously, each one of us is a product of our upbringing. This upbringing includes a particular code of ethics, set of beliefs (religious or other), moral values, etc. But I was surprised to learn that not only do we have this conditioning at conscious levels, but we also embody them at subconscious, cellular, and even subatomic levels! Therefore, because of this, we are for the most part products of the society's consciousness (consensus) in which we were raised and live in.

Now, in my view, we as a species have sacrificed our thinking and reflection processes for the more convenient and faster way of accessing knowledge and information through such channels as television, radio, books, etc. and have come to accept this data as fact; without question, without pondering, without the experience. But we must change this practice, if we are to spiritually—'experientially' that is—evolve.

Therefore, the only way to learn anything, anything at all—and I mean really learn it—is by studying and *experiencing* it, and not simply by repeating or reciting someone else's thoughts and acquired knowledge and ideas about it. Then and only then, can we honestly and truthfully say that we know and understand something. Remember that spirituality and experience—every type of experience—are one and the same (at least in my opinion), and as such valid. I apologize if I sound a little too philosophical, but I'll do my best to remain as scientific and technical as I can—at least in this chapter. But believe me when I say to you that from this point on you will come to find that even in the realm of quantum physics, scientists themselves are beginning to realize the 'mystical' nature of the physical dimension. In fact, they themselves are becoming philosophical about it!

Moreover, even the building blocks of physical reality (atoms, protons, electrons, quarks, etc.) are starting to be seen in a new light; and many 'unscientific' concepts that have been spoken about and even taught by mystics throughout the centuries—such as the interconnectedness of everything in the universe, and the living and conscious aspect of objects—are now being validated in sci-

entific laboratories around the world. Indeed, as you will come to see, every single thing in the universe is not only conscious in some way, but it only exists as such inside the perceiver's mind! Everything around us is—in *reality*—nothing more than thought-constructs... The universe itself is a thought!

Now, in the course of my research, I came to the realization that in order to understand the mechanics of creation and physical reality, as well as its components, one needs to understand and internalize the study of physical reality (physics) down to its subatomic components. Which by the way is what we ourselves are atomically made up of in the first place. In addition, one will also need to have at least a basic understanding of quantum mechanics—a branch of physics that statically describes the overall behavior and/or predicts the probabilities of potential subatomic outcomes of quantum events—in order to make sense of how and why all of this fits together with consciousness and perception.

So, with that in mind, let's begin our voyage into the quantum realm of non-sensical and 'illogical logic' by examining our first example. A great paradox in physics exists which basically states that light is made from particles. This, by the way, was not only proposed by Isaac Newton—the father of physics—but has been scientifically proven in laboratories around the world. However, a scientist by the name of Christian Huygen stated that light was instead made out of waves. This has also been proven in laboratory experiments. So, what's the problem, you say? Well, the only problem is that a particle cannot be a wave, and a wave cannot be a particle. That's very much like saying that a dog and a rock are both the same things. Obviously they are not. So the question is this: Is light really a wave, or is it a particle? The answer is...

To illustrate this I will present you with the following example. However, it will be an oversimplification of the now famous double-slit experiment performed by Thomas Young in 1803. Here it goes: Young's experiment revealed that photons of light—individual electrons—depending on the way they are being observed and measured *will alter their behavior to conform with the protocol of the experiment...* Did you get that? That means that depending on the observation and type of experiment performed by the researchers, the photons will *know* whether to *behave* either as a wave or a particle! As you can well imagine, this shocked the world of physics. In case you didn't fully understand this, I will explain it with the following visual elucidation of the experiment itself.

A screen with two slits is placed in front of a light source. Behind this screen there is a wall where the light coming through both slits can shine. Each slit is covered over with a piece of cardboard, plastic, metal, or whatever. Then, when the light source is turned on, and one of the two slits is covered up, the light in the wall shines in a normal fashion, and therefore a circle appears on the wall. (This is the way a particle behaves.)

However, when both slits in the screen are left open, the light on the wall should shine as the sum from the two slits, i.e., a bigger circle (that's just plain

common sense, right?). But, instead, the light shines on the wall with alternating dark and light bands. (The only problem with this is that this is the way a wave behaves!)

How could this be? How can a photon of light in said experiment 'know' whether one or two slits are open so that in turn it can alter its behavior? Well, somehow it does. The only 'logical' explanation then, is that in some way, 'it' must be conscious...

An insight I had during my training with biofeedback pertaining to the subject we are now discussing, is that the cells and organs of a physical body have to be conscious; at least in some manner. For this is the only way that they can carry out mental instructions. Indeed, if you think about it, our organs and even the cells that our bodies are made up of, are composed of—at the quantum level—of atoms, electrons and particles, which somehow communicate, know, and even understand that if I decide to move my body through space, say from one point of a room to another, for example, they all have to move accordingly. But logically this can only happen if the subatomic particles that my physical body is made up of are in constant *communication* with each other; so as to move together accordingly and at the same time. Think about that for a moment—... Get it?

Otherwise, if this communication didn't take place, I might as well get up from my desk to get a drink of water, and when I arrive at the refrigerator, I would find that I can't open the door, for my hand has stayed back at my desk! This has taught me that mind is matter (or *inside* matter), and that matter is mind. In other words, matter must possess some type of rudimentary form of consciousness. Moreover, there must also be a mechanism in charge of this subatomic communication process working at subconscious levels.

Let's now examine a quantum principal. Quantum physics tells us that all matter is related to a mathematical formulation called the wave function. This wave is 'real' in a mathematical sense. In fact, it helps construct physical reality, and although this wave function is a well-established idea in quantum physics, as well as used in formulas and equations, it is barely understood by physicists.

In essence, the wave function describes the possible and probable states of an electron. These possibilities and probabilities coexist within a certain potential of becoming actualities (becoming real); and by collapsing the wave function—in other words, by choosing to *observe* it or *measure* it—our world is then constantly materialized out of potential states. In that sense the observer creates that which he or she perceives! (On the next chapter I will present you with the neurochemical basis and principals involved in perception.)

The implications of this are staggering. Because physicists are now considering the 'crazy' possibility that we *create* the particles themselves in order to measure them. (Let me again remind you that we ourselves, as well as all other creatures and objects in this universe, are made up of these same quantum particles. Moreover, mystics outlining metaphysical principals have been

saying for ages that we *create* our reality. Now quantum physicists are coming to those same staggering conclusions.)

Since on this section we are studying the quantum realm, let me briefly discuss the two levels that exist in the microscopic world—the atomic and the subatomic. The smallest object that can be seen with a microscope is made up of millions of atoms. However, a subatomic particle, which is millions of times smaller than an atom, is not an ‘object’. I mean, just the fact that we say ‘subatomic particle’ suggests to our minds that this must be an extremely small or microscopic object of some kind. But it is not. Instead, physicists are suggesting that subatomic particles are nothing short of ‘subjective tendencies to exist’... (!) This conclusion is based on the fact that these particles are created out of an infinite amount of probable cyclic states or pulsations; these ‘tendencies’ are called probabilities.

Let’s now delve a little deeper into the ‘irrational’ part of the human psyche—from the subatomic perceptive—and see how it all applies and relates to consciousness. For this we shall examine another quantum principal called the Copenhagen interpretation, proposed by Danish physicist Niels Bohr. This model of thought states that until we look or measure subatomic particles there isn’t any objective reality at all—rather there’s a state of potential. According to this view then, anything that one can imagine exists in a non-physical yet almost real or ‘virtual’ state. It is, yet it isn’t, until an observer chooses to make it so either way...! (I hope that you are beginning to see how weird all this really is.)

The double-slit experiment outlined earlier proved that a subatomic particle, such as a photon, was somehow ‘aware’ of how it was being measured and observed. But in another startling discovery, it was also revealed that photons are not only conscious, but that they actually communicate with each other and even make decisions... Physicists came to this discovery and *hard evidence* by using a device called a quantum eraser. For this particular experiment the physicists made the paths (remember my first example?) that the photon makes—whether it goes in through one or both slits, depending on how many there are in the experiment—initially distinguishable by using a similar apparatus and protocol as was the one used in the double-slit experiment. But then, in this new experiment, while the photon was about to be launched in either path (again into either one or two slits), the researchers *erased* the “which-path/either-or” path information.

Do you have any idea what happened when this was done? Read this carefully for it is mind-blowing: A second ‘twin’ photon was created at that instant, or rather it split from the first photon and went up to the screen so as to investigate and decide whether there were really one or two slits open. Then, it somehow sent this information back to the source photon so that it can know not only if there were one or two slits open, but also whether to act and behave as either a wave or a particle as it approached the screen! (This whole process

takes only but millionths of a second of course, but it is captured photographically.) Crazy, isn't it?

Indeed, these are just some of the weird happenings of the subatomic realm, and consciousness in general. But let's not forget that we ourselves, even our consciousnesses, are made up of these quantum entities which in turn, also follow these bizarre rules.

The 'No Space-No Time' Paradox

According to Einstein's theory of relativity, nothing in the universe can travel faster than the speed of light—period. However, in an experiment conducted by Albert Einstein, Boris Podolsky, and Nathan Rosen known as the EPR Effect, it was demonstrated that subatomic particles can either communicate at super-luminal speeds (faster than the speed of light; which would negate Einstein's equations and turn our sciences upside down) or, that space and time as such do not exist... Paradox.

That would mean that you, who is reading this book, and I, who wrote this book, exist right at this moment in the same exact space. In fact, that would indicate that there is really no space between anything or anyone! Either way, if one tries to use 'logic' to understand this paradox, one definitely comes up empty-handed, or, more appropriately, empty-headed. Let me better illustrate this with the next example.

For this particular experiment a team of scientists employ what is known in physics lingo as a two-particle system of zero-spin. In layman terms, this simply means that they have two particles whose individual spin can cancel each other's spin. In other words, if one of the particles has a spin up, the other particle has a spin down; or if one of the particles has a spin right, then the other particle has a spin left. So you see, no matter how the particles are made to spin, their spins are always equal but opposite.

However, when the scientists conducting this experiment separated the two particles by putting as much as *millions of light years of space between them* (in quantum-space terms of course, since we are dealing with subatomic particles), they found that each particle would still spin in the opposite direction of the other. This meant that somehow the particles were *communicating* to each other what either one was doing... Yet one has to understand that any type of information whether it is in the form of a wave, radio signal, etc. even if it traveled at the speed of light would still take at least some time to travel said distance, understand? Let me further explain this.

As you may know, light travels at 186,000 miles per second. A light year is the distance that light travels in one year. So, if light travels 186,000 miles per second, then light would travel in one minute: $186,000 \times 60$ (because there is sixty seconds in a minute) equaling 11,160,000 miles per minute. That means

that in order to get the distance that light would travel in a year (light year) one needs to multiply $11,160,000 \times 60$ (because there is sixty minutes in one hour); then, the resulting amount \times (times) 24 (because there is twenty-four hours in a day), and then, that resulting amount $\times 365$ (because there is three hundred and sixty five days in a year). Get the picture?

So what I am getting at here is that these two particles we've been talking about, even if they had a space between them of say from here to the moon (roughly about 375,000 miles, in quantum terms), the spin information would still take about 2.2 seconds or some amount of time in that neighborhood in order to reach either one of them because of the distance involved, correct? Yet, even if they are separated as much as *galaxies apart* (separated by millions and millions of *light years*) the spin information still travels *instantaneously*!

This fact has created a revolution in physics; and as you will continue to see, other similar findings have come to show that physical 'reality', as we know it, is *full* of flaws and inconsistencies. In fact, given all of the previous examples and the next that follow, it is reasonable to say that the physical dimension may indeed be illusory in nature.

The Speed of Light Constant

Light travels at a speed of 186,000 miles per second. So what, you say? What I mean is that light *always* travels at a speed of 186,000 miles per second, regardless of the experiment. (Still you dare to say, so what?) O.K. let's suppose that we are in a vacuum (such as in outer space) and we have a light source (such as a flashlight). (By the way, this experiment has been repeatedly performed and verified in many laboratories around the world.) We turn on the flashlight, and by measuring the speed of the light emanating from it, we are not surprised to find that its velocity is in fact 186,000 miles per second.

Now, let's say that the flashlight is stationary in space, and we decide for the experiment to travel *toward* it at a speed of 100,000 miles per second. With this mind, if we want to get the speed of light relative to us, common sense and the math that they taught us in grade school (remember the math problems that went "a train is traveling at a speed of... etc.") says that we need to *add* our speed (100,000 miles per second) to the actual speed of light (186,000 miles per second) in order for us to get light's speed relative to us, as we approach it. Which would be 286,000 miles per second, right? Well, wrong... For some unknown reason, light's speed still measures 186,000 miles per second...

But, how about if we were to move *away* from the light source at 86,000 miles per second? Again, common sense and simple math tells us that this time we need to *subtract* our moving away speed of 86,000 miles per second from the speed of light (again, 186,000 miles per second), in order to get light's speed

relative to us as we move away from it. This should give us a total moving-away speed of 100,000 miles per second, right? Well, logically, scientifically, and even *mathematically* that should be the correct answer. However, it is not so. The speed of light *never* changes, regardless of the experiment. Paradox. Which from any point of view, especially a mathematical one, makes absolutely no sense. Indeed, *regardless* of the relativity factor demonstrated by all of Einstein's equations, the speed of light is *always* 186,000 miles per second in a vacuum.

Another irony is that Einstein's special theory of relativity states that as the speed of an object increases so does its weight. But this makes no sense because it should *decrease*. Otherwise, if it starts to weigh more, how can it get up to speed in the first place? Paradox. The special theory of relativity also confirms that moving clocks will continue to slow down as they approach the speed of light until, at the point when they reach the speed of light, time will 'stop'. But how can time simply 'stop'? How can a perfectly working watch or clock suddenly stop or pause in time?

The reason I am bringing up these examples is because in order for scientists to conduct and measure these types of experiments they employ a clock and a ruler, which in physicist's lingo is called a 'rigid rod'. These instruments are real physical and tangible objects. However, scientists have shockingly determined that in order for the speed of light to remain the same regardless of the experiment or frame of reference—as just demonstrated by the "speed of light constant" experiment—the *instruments* that take the measurements *MUST change* from experiment to experiment, so that the *appearance* of the constancy of the speed of light always remains the same in our physical universe...! Did you get that? Let me repeat that statement again: "*...in order for the speed of light to remain the same regardless the experiment or frame of reference the instruments that take the measurements MUST change from experiment to experiment, so that the appearance of the constancy of the speed of light always remains the same in our physical universe!*"

But, how can this be? How can instruments 'adjust' and 'change' themselves in order to keep the 'appearance' of reality that we have come to expect? Could instruments be conscious? Or, does an unknown aspect from within our psyche changes the way we perceive them in order to keep our reality coherent?

Again, quantum physicists have had to come to grips with the fact that subatomic particles—which compose every single thing in the universe, including 'empty space'—are conscious in some way. They have also concluded that the multitudes of pulsations, which make up their trajectories, are impossible to measure. Therefore, only *one* of these pulsations can be perceived at a time. Yet each unperceived pulsation—and there are millions of them—is as equally valid as the single pulsation that is measured in our universe. And, although these alternate pulsations don't manifest in our system of physical reality, they have to actualize 'elsewhere'... Furthermore, physicists have come to grips with the fact that the consciousness of the observer influences the outcome of the way these particles are measured.

Although these examples and their corresponding results seem illogical, to me they make perfect 'illogical sense'. For how else could one explain that parallel universes exist simultaneously and together in the same space and at the same time? For that explanation and similar ones let's now go beyond quantum physics and the commonly known metaphysics, and into what I refer to as psychophysics, or physics of the mind. However, I will likely alternate among them so that I can make my points. Nonetheless, I am confident by now that you have at least come to the point where you are beginning to realize that things are not always as they seem; nor as you may have thought them to be. So, having dispensed with common sense a few of paragraphs ago, let me now give you what I have learned about the nature of the physical dimension, based on insights, experiences, and even on information given to me by hyper-dimensional dwellers that I have encountered in my psychoportation and psychodynamic integration experiments and explorations.

Parallel Universes

As you may recall, the premise presented by the wave function theory is that when one probability actualizes out of all the others—by being measured/observed—the rest disappear. But what happens to them? Because physics tells us that energy—any type of energy—can never be destroyed. In fact, energy can only change states. It is never annihilated. So what happens in these state changes? Schrödinger's Cat is a paradox presented long ago by the inventor of the Schrödinger wave equation (Erwin Schrödinger), which has helped physicists make some sense out of all this 'nonsense'. It goes something like this: A cat is placed inside a box for five minutes. Inside the box there is a device that emits poisonous gas, and if activated by accident (say a malfunction of the device) the gas is released killing the cat.

Now, there is no way of knowing if the gas was released at the time that the box was closed. For the box is sealed and the experiment is then activated. Consequently, either the device malfunctioned and released the poisonous gas killing the cat, or, the device didn't malfunction and the cat is alive. But the sixty-four thousand-dollar question is this: Without looking inside the box what happened?

Well, all we have to do is open the box and see which is the case, right? Yes, but *without* opening the box what happened? Let me point out that it makes no difference whether we look inside the box or not, for say that we go out to lunch and forget about the experiment until the next day, the outcome of the cat's fate was still determined at the moment the box was closed. So, again, what happened?

Well, according to the Copenhagen interpretation of quantum mechanics the cat is in an 'uncertain state of suspended probability' represented mathe-

matically by the wave function, which states that there is the possibility of the cat being alive, and there is also the possibility of the cat being dead. But this cannot be verified until the box is opened. When the box is opened however, *one* of the two possibilities actualizes and the other one vanishes, or rather changes states—going from uncertainty to certainty. (As I explained earlier, this is what is known in quantum mechanics as the *collapse* of the wave function.)

On the other hand, according to Hugh Everett's many worlds interpretation of quantum mechanics, at the instant that the device malfunctions—or doesn't—the world splits in two branches; each with a different event or outcome of the experiment *and* the cat! Now this may not make sense to you and sound like a lot of hot hair, but if you go along with the Copenhagen interpretation, then the cat is both dead *and* alive until observed. Paradox. And, if you go with the many worlds interpretation, the cat is again both dead *and* alive, but in separate universes...!

(Let me add here that although some of these concepts may seem strange or nonsensical to some of you, it is only because of the fact that quantum physics and quantum mechanics theories are based in mathematical models which represent and outline reality, and are *scientifically-based* and valid, we have television, computers, cellular phones, missions to Mars, DNA science, etc.)

I think that the problem that we face when it comes to understanding and internalizing these types of foreign concepts is that we are used to believing that either something is, or it is not. But we can't always rely on what our physical senses tell us about the world in which we exist. For there is much that our eyes or conscious minds fail to see or comprehend. After all, we are talking about the *mechanics of reality itself*. And, given all of these rather bizarre examples I have found in the quantum physics literature, I have to say that 'reality' may be indeed stranger than 'fiction'...

Einstein's theory of relativity says that reality is relative to the state of the observer. But again, I point out, that as we have come to see in the examples I have been giving you, the physical senses cannot be relayed upon to give us an accurate picture of reality. For as you may know, matter is not solid. Instead, it is made up of empty space! So, in reality, any form of matter or anything in existence is composed of atoms, electrons, particles, subatomic particles, etc., until at the very end of the spectrum scientists have come to discover that the subatomic particles themselves are made up of fields of empty space and information, which lack mass. This information is what our senses *then* translate into a mental construct that we call solid matter, empty space, and both objective and subjective reality. Therefore, in 'reality', the smallest particle or 'elementary building block' that *everything* in the universe is composed of—including ourselves—is *nothingness*...

Well, since the past couple of theories have taken us completely 'out there' in terms of rationality and common sense, I think that this is a good place for me to start giving you some of the theories I have acquired at different Mind

Schools—for lack of a better term—which I have visited while psychoporting. Usually, I am in the presence of an ethereal teacher by the name of Ebhrious, who is going over these theories on a holographic blackboard. I have also come into these theories by merging my mind (as in PDI) with the minds of individuals who I have come to learn are probable versions of me. These being Ebhrious and Dr. Kzark Prestidius for the most part.

On other occasions, I have gotten this information as a result of traveling thorough certain psychological doors that are available at heavy doses of particular psychedelic substances in conjunction with some type of brain technology device. And, still at other times, I have found some of these theories lingering in my head after waking up in the morning. Anyway, having explained how I have gotten these, let's continue.

Psychophysics & Beyond

All universes or realities exist within us. When we look up at the sky and see the stars of our galaxy for example, we are seeing inside our very minds. All realities, including this one, are interconnected with each other through a sophisticated network of what are called psychoenergetic pulses. Even the 'spatialness' (space) we experience in our physical reality is part of the *illusion* that is transmitted by the human-experience PdS (psychodynamic signal), and which is picked up and processed by the brain.

Just as our DNA has a blueprint of information of each of us as a whole, each one of us also has a psychoenergetic blueprint of the entire *multiverse* (multiple/probable/parallel interconnected universes), which exist in the same space. Furthermore, the connections that exist between them are vibratory (resonant/frequency) in nature. These are very much like octaves of thought-feeling, if you will. What I mean by this is that just as you may hear a melody or song lyric, and then suddenly find yourself mentally and emotionally transported to a time in your past when you first heard it, and recall things you may have been doing at that time—in fact a string of events associated with it (sort of like thought by association)—this 'psychological strand' is what keeps the 'pearls' (memories) of thoughts together in the same 'necklace' or 'bracelet' (*your* ego's accepted/manifested reality or set of actualized events).

However, instead of it being just one psychological strand holding a set of pearls or set of actualized events of a particular personality, out of each intersection—between one pearl and another—there is *another* string emanating from it (a parallel universe) complete with a different set (or in this case 'version') of its own pearls (different set of space-time continuums/timelines). This alternate set of pearls or space-time events belong to an alternate/probable self/personality of any one given individual who exists as part of an entity or Overmind. (More detailed information on Overminds will be given on chapters

5 & 6)

The speed of light—*our* speed of light—is exclusive only to *this* universe. The reason for this being that the speed of light varies from universe to universe and remains the same on each corresponding universe regardless of its relative measurement or observation, so that other physical laws—exclusive to that particular universe—can maintain coherence. Also, the energy in each universe has a distinctive wavelength, which resonates *sympathetically* with all other energy in said universe or system of reality; and which in turn, makes up *all* of said universe's matter, antimatter, and space-time. In essence, its 'fabric'. To better illustrate this let me give you the same example given to me by Dr. Pres-tidius.

Let's say that universe X resonates at a frequency comparable to 540 millimicrons (the precise wavelength of the color green). Having that as reference, all matter, energy, and space-time in universe X resonates in the 540 millimicrons *octave*. However, universes Y and Z, which exist in the same space, each resonate at the wavelength of the colors blue and purple, respectively. That means that everything in universe X, including its inhabitants, are 'of the color green', and therefore resonate in the 'green octave'. And everything from universe Y resonates in the blue octave. While everything in universe Z resonates in the purple octave, understand?

Now, having established that as a reference point for this example, when one of the green inhabitants bumps into another inhabitant or object from that same universe (also green colored) by accident or on purpose, they will of course know it and feel it [Ouch!]. This is because they are resonating *sympathetically*. But if a tree from universe Y (blue colored) falls on top of the head of an individual from universe Z (purple colored), or from universe X (green colored), then the tree will go right through them! The reason being that said tree (blue) is resonating at a completely *different* wavelength than the others, and it is therefore invisible, imperceptible and unnoticeable; in essence, it *does not exist* to non-inhabitants of universe Y (blue colored)!

This is similar to the concept of having radio waves, microwaves, gamma rays, ultra-violet rays, etc. all together in the same space without interfering with each other; for they each resonate at an exclusive and distinct frequency. Which is to say that they each exist in their own space-time continuum or system of reality. Yet these space-time continuums exist in the same 'space' and at the same 'time'. Are you beginning to get the picture of what I mean?

I would like to point out that the theory of parallel universes can be described mathematically, and it has also recently gained a large following among the scientific community. In fact, this view is being explored by the eminent physicist Steven Hawking, a Lucasian professor at Cambridge University, and author of many books including the best-selling "A Brief History of Time". Hawking also postulates that there are an infinite number of self-contained universes and that 'tunneling' between them may be possible via wormholes

that connect them.

Again, although this may sound like science fiction, some of the most brilliant minds in physics consider the possibility of parallel worlds. There was even a major article about this topic in the science magazine DISCOVER, entitled: "Parallel Universes: The New Reality." Sidney Coleman, a Harvard physicist wrote that article.

Let me now continue by saying that consciousness is a highly specialized type of creative and dynamic non-material energy that exists outside as well as inside space-time. However, when consciousness enters any given continuum (universe or reality) it has no choice but to seek expression and actualize itself, either physically (as in PDI) or psychically (as in PSP).

It should also be noted that the morphic resonance established by a particular wavelength—which makes up all of the matter, including the energy and the space-time that things are made up of and reside in, in said universe—spawn from said universe's psychodynamic signal (PdS). This signal enters the consciousness of any given physical materialization in each universe through the brain; thereby making physical constructs look and feel 'real'—relative to each other—by the respective material-physical standards of each PDFD. In other words, what makes a chair look like a chair to a person existing in a particular PDFD, is the morphic resonance that is modulating in the memory banks of the inhabitants of said PDFD (associated with the concept/object chair), which in turn has been established by its PdS throughout time. And all psychodynamic signals have been created in each system of reality by a number of Overminds, whom have constructed said systems, so as to gain experience.

Now, leaving that aside for a moment, let me say that movement *through* space-time requires only focus of thought, and *not motion*. For by moving in space we are actually traveling on the curvature of it, and not *through it*. This was demonstrated by Einstein's equations, which showed that space is curved. In fact, I have been repeatedly told by Dr. Prestidius that space is a *frequency*, as is time. Also, different space-time continuums or spatial domains are made up of frequencies of informational/morphic fields.

Let me make it clear however, that I am using concepts and terms such as 'speed', 'traveling', 'time' and 'distance', simply so that you can get an idea of what it is I am trying to convey. For in reality, there is no place to travel to, or velocity or distance to conquer. Because as you have seen from all the examples given since the beginning of this chapter, these mental concepts, or rather constructs, do not exist in the 'real' sense. In fact, as Einstein put it: "Time and space are modes by which we think and not conditions in which we live."

In other words, space and time exist only in the mind of the perceiver who is bound by the illusory *prime directives* that are embedded in each PdS, which in turn maintains a particular PDFD. These prime directives being the same as such physical laws as the law of gravity, thermodynamics, etc.

Since we are presently discussing space and time, or rather space-time, I

should also point out that the term 'out-of-body' is a misnomer. For in reality one does not leave one's body. In fact, if you believe in OBE's, then what actually happens when one moves 'out of the body' and beyond this system of reality, is that our mental focus *shifts* to another frequency (or continuum), which is stationary in space; or rather in consciousness. This means that when we view or experience space, time, events, etc. in reality what we are doing is shifting our *attention* and *focus* between them, BUT because of the way nature has neurologically wired our brains—thanks in part to *our* PdS—we perceive said shifting as 'motion'.

Again, there is no movement—literally. There is only a shifting of *attention*. In addition, I have come to learn that all events—physical, non-physical and probable—are all happening simultaneously in a non-linear and infinite 'now'. Furthermore, they are psychological in nature and stationary in so-called 'space'.

Let me now take this one step further by saying that the delicate and diligent development of the nervous system—physically, psychically and psychologically—allows the individual to *neurochemically* access alternate worlds, realities or dimensions (alternate PDFD's), *which in reality are altered states of consciousness!*

You see, for humans, the neurochemistry of the altered state is the *key* that opens the door to each one of the millions of PDFD's that exist, as well as what keeps us focused on any one PDFD. This is because the physical brain is in charge of blocking out the psychodynamic signals that emanate from other PDFD's. And, I have come to learn that this blockage is not only done at the subconscious level, but also at the physical level, through the *endorphin as well as the nervous system*. (More about this a little later.)

In fact, it has been explained to me that when any well-balanced individual is involved in any type of psychic functioning, OBE's for example, there is a definitive and pronounced *neurochemical alteration* that occurs in said individual's brain. And as long as any portion (personality) of an entity or Overmind is physical (and therefore uses a brain), a neurochemical alteration—by whatever means—is *the only way* it can receive the 'broadcasts' that emanate and make up alternate realities. This neurochemical alteration may come about naturally, such as in states of extreme stress, relaxation, sickness or transcendence; as the result of mental exercises, brain technology devices, or through pharmacological means, such as the ingestion of psychotropic plants or synthetic substances. Let me also add that this is not to say that these other worlds and dimensions are any less 'real' than the one we are presently focused on. On the contrary, from their perspective, *this focus of consciousness* (our dimension) *is an altered state!*

In the metaphysical realm, parallel universes make perfect sense, for how else could an accurate psychic's predictions be accounted for? Especially if an individual is told about an imminent accident, for example, and persuaded to change a particular course of action, for this will change the outcome of the *psychically* perceived event and prevent it from happening.

This means that said individual has *already* experienced said accident, as seen or sensed by the psychic. (Remember my car accident?) However—and read this carefully—if you *think* about it, ‘in the future’ means that somehow the psychic’s mind has traveled to the *past*! Because according to the way we think of perception, and in this particular case, memory, we can only—supposedly—know or rather ‘remember’ events that have already happened. Therefore, said event or rather *potential* event must have happened (or *is* happening) ‘somewhere else’ at the time that the psychic perceives it! Logically, this somewhere else must be in a parallel reality or universe. And, if said individual decides to follow the psychic’s advice and changes his or her course of action, said individual has then switched from the universe in which he or she experienced the accident to the universe in which he/she didn’t...!

Of course, if one were to mentally do this consciously and with full psychic awareness, one would then be psychoporting. And if this were to be done physically, one would then be teleporting (as in teleportation). It would be wise for you to ponder on the statements I have just presented. For anyway you look at them the implications are startling.

As a side note to all this, I would like to share with you the following OBE episode I had some time ago; which fits rather nicely with what I’ve been talking about. I recall that as I was standing in my bedroom in the OBE state observing my surroundings, all of a sudden they disappeared, only to be replaced by other sets of three-dimensional scenes, which appeared in the same space that my bedroom was in. This effect was similar to that of rapidly clicking or surfing through t.v. channels. Hence, I was seeing different scenes or ‘programs’, but in my case I was ‘inside’ the ‘television set’. So even though I was standing in the same space, I was traveling through an infinite amount of places—some alien, some ancient. I then wondered what it was that I was seeing. A voice replied: “Unmanifested realities” (or in quantum physical terms, *potential states* of subatomic particles that makeup parallel universes). Then I knew.

When I psychoport, I accelerate my consciousness to superluminal speeds; thus allowing me (my consciousness) to ‘escape’ from this PDFD/PdS to another one. However, it was been explained to me that this acceleration is one of polarity-reversal. What I mean is that instead of me quickening my neuro-pulses and even the subatomic particles that makeup my brain, which my consciousness is encased in when it is operating in the physical dimension, from say (+)50 all the way up to (+)100; I go from (+)50 down to (+)49, (+)48, (+)47, all the way down to (+)0, and *then* up to (-)1, (-)2, (-)3, all the way up to say (-)50 or (-)100, depending on where it is I am going, or rather focusing my awareness to. (Each of these numbers corresponding—as an example only—to particular PDFD’s or focuses of attention.)

Furthermore, each PDFD resonates in a particular vibratory frequency or ‘step’ (as in music); for example, third’s, fifth’s, seventh’s, twelfth’s, octaves, etc.

And, as it turns out, this polarity (- & +) relates to our universal principals of Yin/Yang and wave-particle duality; which have validity as such only in our system of reality.

Now, when I'm engaged in viewing events, but am not able to interact with them, my consciousness takes the form of what scientists call a virtual particle. Which means that I am 'virtually there', but not in the material sense. However, when I *psychodynamically integrate* with the mind and body of a 'host' in a probable Earth, I do so by slowing down the traveling speed or rather the vibratory frequency, at which my consciousness accelerates when I engage in these voyages to that of the new probable universe's *speed of light*. Consequently, I am able to pick up the 'programming' (or PdS) of said PDFD.

As explained earlier, this is the result of my consciousness sympathetically coming into resonance with the quantum particles of my host's body-mind vibratory rate. In my case, this host is one of my probable selves that exist in the reality I am visiting. In addition, it is far easier to psychodynamically integrate with one's probable self than with someone else's. For both spawn from the same Overmind, which resonate in a particular octave of consciousness.

Each Overmind's consciousness is made up of what I call quantum-psycho-energetic-meta-wave-particles (QPSYEMP's). These wave-particle entities are superluminal in nature, for they travel at velocities exceeding the speed of light, and move 'vertically' (moving forward and backward in time), and 'horizontally' (jumping between probability continuums). When they slow down to the speed of light (of a particular universe) they become actualized in said continuum.

Let me make it clear that QPSYEMP's are not tachyons—a type of subatomic particles—for tachyons *always* travel faster than the speed of light. In contrast, QPSYEMP's can and do adjust their speed, for they are embedded with a more developed form of consciousness than other quantum particles. Also, they are both particle-like and wave-like in nature, simultaneously. As mentioned before in the glossary, these fragmentary entities are similar to subatomic clones of ourselves, but which do not possess an ego yet, nor are they anthropomorphic (human in form). In a sense, we are all QPSYEMP's, and are therefore constantly merging with other created QPSYEMP's, so as to actualize probabilities.

In fact, QPSYEMP's are created every time a sufficiently developed consciousness, for example a human being, pet, or plant, is faced with a choice and/or desire. At that moment they split from their source and actualize *all* possible outcomes of any given choice. When, and if, one of these wave-particle entities decides to engage in a particular action/outcome, then the Source QPSYEMP and the 'split' or subordinate QPSYEMP merge, thus actualizing said probability in its own probability continuum.

In that sense, we are *all* constantly psychoporting between continuums. For that is how our egos physically materialize events. In other words, when an

individual chooses to actualize a consciously or subconsciously desired event, said individual is sending a part of his psyche (a QPSYEMP) across space-time and meeting with himself or herself 'in the future', and 'at' the desired event. Thus actualizing an event.

However, since we must operate within a space and time context and environment, the desired event will take both 'space' (somewhere) and 'time' (at a given point in time) to actualize. Although this actualization must first take place in consciousness; by an act of observation and/or desire. Let me also add that as a rule, QSYEMPS only travel and actualize events in each of the two systems that exist in the human experience reality continuum—reincarnational and probabilities. I will say more about this subject in the next section and also in chapter 5.

Probable Earths and Dream Systems

Physical reality (our Earth experience) is just one out of countless PDFD's in which every form of organic and non-organic energy-matter simultaneously exists. As pointed out earlier, the experience of reality is non-linear and simultaneous in nature, but human cognition isn't. Thus, physical cognition through the human senses results in the perception of events in sequential-time; but only as far as physical reality is concerned. On the other hand, the perception of physical reality through the use of the psychic senses, while in an altered state of consciousness (by engaging in PSP, and functioning in subphysical reality for example), allows one to view, experience and explore events outside our linear physical reality system.

However, one must be careful not to slip into the webwork of probabilities (parallel universes and probable Earths) by losing its focus and concentration. Otherwise, what may be perceived is another version/outcome of the physical event that is wished to be explored. In fact, this is one of the problems associated with psi-functioning/psi-perception in general. It is also the main reason why almost all remote viewing data does not corroborate. And, if and when it does, chances are that said data has been telepathically transmitted from monitor to viewer. Let me now further elucidate on the concept of parallel and probable Earths.

All *parallel* Earths (including this one) house a particular collection of individual and mass/world events. In essence, this is where past and future lives—in a *historical context*—are happening. As I said before, all time (past, present and future) is simultaneous. That is why a good and gifted psychic can see a past-life or a future event. In said instance the psychic has tuned in to the PDFD which houses said past-life or future event sequence that "was/is/will be" happening.

On the other hand, *probable* Earths house *alternate* sets of space-time se-

quences, which are *probable* in nature, relative to *other* sets of sequences/events, and, which never materialized in *our* version of reality. These alternate sequences then exist as non-actualized historical *probabilities*, unless—and/or until—an individualized consciousness (in this case a sentient being's ego) decides to merge with said space-time sequence continuum. Thus actualizing it for himself or herself. When this happens, those particular events become an ego-actualized time-sequence—for they become embedded in the *memory* of the perceiver. However, said individual may switch from that space-time continuum at any time, based on his course of action and *beliefs*. Hence the term 'probable'.

We think of events in this fashion: event 1 must always come before event 2; then and only then can event 3 come into being, next comes event 4, and so on and so forth. This is what I mean by linear. However, in reality this is not so. Because event 1 has the potential of affecting event 2 *after* it has physically manifested! This is accomplished by moving or rather psychoporting 'sideways' or 'horizontally', rather than 'vertically', between probability sequences.

To illustrate this a little better let me put it another way. Potential outcomes or versions of any given event may be described as events 1a, 1b, 1c, 1d, etc. These potential outcomes have a valid existence in the realm of probabilities, but eventually only one event—out all potential and simultaneous events (again, 1a, 1b, 1c, 1d, etc.)—will become actualized event 2(a) on a particular version of reality. Nonetheless, the other events will still *exist*. But on *separate* space-time continuums (therefore exist as probable events).

Moreover, each one of these alternate space-time continuums (probable Earths) houses its own *set* of mass-historical and personal events *different* from our own. In other words, there are many 1940's, 1950's, 1951's, 1952's, etc. (also referred to as versions). However, we (our egos) only recognize but *one* version, and as such come to accept it as an ego-actualized/experienced reality.

Nonetheless, other portions of our entity (group of parallel and probable selves that our greater Self or Overmind are composed of) reside in these alternate realities or dimensions (PDFD's), which in turn *they* accept as exclusive and factual. In other words, to *us* they are probable. To them *we* are probable.

Let's now examine psychoportation and psychodynamic integration a little closer. In order to perceive, view, experience, and explore a particular probability—in this case the one from *our* webwork of consensual reality, while in an OBE/PSP/PDI state—one must focus on it exclusively and intently. These thought-frequencies, which makeup each PdS exclusive to individual PDFD's, are the 'glue' that keeps everything together in said space-time continuum, and this 'glue' is the consensus. Therefore, the adventurous psychonaut exploring any given reality will be bounded by its new consensus.

Furthermore, when one explores these alternate realities, one may do so in the form of a non-physical observer (as in PSP), or as a physical participant (by using PDI). If PDI was to be used, then the inhabitants of said PDFD would

be able to see and interact with the explorer. Again, this will happen because the psychonaut will be participating and witnessing events through the mind, eyes, and body of one of its probable selves.

What follows is a table I have come up with that illustrates the different space-time continuums—reincarnational (or parallel) and probable; as well as how they operate:

Reincarnational System (Linear time)		Probabilities System (Non-linear time)			
		→ → →			
Year	1965	Year	1965(a)	1965(b)	1965(c) etc.
	1966		1966(a)	1966(b)	1966(c) etc.
	1967		1967(a)	1967(b)	1967(c) etc.
	1968		1968(a)	1968(b)	1968(c) etc.
	etc.		etc.	etc.	etc. etc.

Let me reiterate that as a general rule, all individuals and species in *our* version of reality (*the reincarnational system*) inadvertently switch or shift between *immediate* probabilities-sequences; thereby unconsciously participating in a form of PSP or PDI. This is a normal and rather common occurrence. However, if the new continuum happens to be a probability continuum housing *distant* probability-sequences, as opposed to immediate ones, i.e., completely different sets of historical events, both personal as well as en masse, then the PdS of the new PDFD (*in the probabilities system*) will present its new programming to the brain's memory banks and nervous system of said individuals.

Because of this, they will then accept the *new* context of the alternate programming (probable version of planet Earth including new sequences of events) as their own, *with no memory of the historical context in which they existed previously!* In other words—and read this carefully—unbeknown to you, *what you remember as your own past, the one you've had your entire life, may be one you acquired as you shifted between probability continuums just a few seconds ago!*

Which means that you may not be who you think you are... And I mean that literally. For the memories about your past may have not been part of *your* experienced/remembered past at all. Instead, you may have acquired them as you psychoported and psychodynamically integrated with one of your probable selves just a few moments ago... Yet you will have memories and even 'physical evidence' (birthmarks, birth certificate, pictures, etc.) that will seem to span decades—indeed your entire lifetime! For the new memories are retroactive, and thus, adjustable. And remember that one's consciousness—in this case at subconscious and superconscious levels—creates the reality that is perceived. Furthermore, you or rather your ego, will think and even challenge the fact that 'you', and only you, is the 'official' personality/person that has always (and

only) existed.

Indeed, according to FM (the future/probable version of me, which I am becoming), everyone—I repeat—e-v-e-r-y-o-n-e is constantly involved in these types of probability shifts. In fact, FM has explained to me that this is not only how the universe works, but it is how reality itself works. In addition, if you happen to be involved in an event in your life that you thought could have never happened to you—but has—it is because you have psychoported to an alternate universe. In turn, this alternate system of reality houses a different version of your experiential reality, including different versions of family members, friends and world population in general. But, what has in fact happened, is that you have walked between dimensions...

As bizarre and crazy as that may sound, this is the truth, and a truth I *know* from both *personal experience* as well as by confirmation from other further developed personalities/beings that belong to my Overmind. Nonetheless, since 'reality' is supposed to maintain its 'realness' and 'coherence', this change will not only have a 'subtleness' to it, if you will, but your trace memories of people/events of your previous and immediate life will then be recreated accordingly, based on the data that is housed in your Overmind's memory banks.

In addition, sequences of events (future, past and probable) are also available at any time for one to not only recall them, but also to be re-experienced, so as to experiment with event changes, or rather probability probing. Therefore, one has the ability to rewrite one's history. And I also mean that in a literal sense. Let me stress that if I would have decided to not continue with my experiments, then the future 'me' that I have been talking about, would still continue on living and developing as a *probable* version of me in his own system of reality. For the fact is that neither him nor I could ever annihilate each other's existence. Nor could any of our other probable selves inhibit ours.

Another thing that I need to make you aware of is that if you happen to merge your personality with another probable version of you, on another probability continuum, you may sometimes find that you have some bleed-through or residual psychological data, memories, and even personality traits that do not pertain to you. Instead, they belong to this other alternate version of you, and vice versa. This is because when you are psychodynamically integrated, your ego/personality is operating in a different biophysical vehicle, and is using its perceptual apparatus (brain), including its memory banks. Hence, perceiving, constructing and even interpreting quantum events (seeing chairs and cars instead of spinning and vibrating atoms, electrons, protons, etc.) through a different set of physical senses. Because of this, both sets of memories may overlap and get mixed in with each other. However, the conscious mind does a good job of suppressing them. But there are cases when these alternate memories do come to surface. In my case, this was the result of my experiments.

I have also come to learn that what each one of us is is a highly specialized form of pure consciousness that exists as a wave function in hyperspace. Be-

cause of this cosmic fact, one can then self-actualize in any conceivable probable-event-continuum throughout all of the (desired) three-dimensional systems of reality (and other systems) that exist, *in* and *at* any given 'time'—by choosing to observe/experience them—if psychologically and psychically developed enough. This in turn becomes a *state*, or rather a state-of-being.

I have been told that extreme cases of these types of occurrences (PDI) are linked to multiple personality disorder, where an individual is picking up various PdS's due to a neurochemical imbalance. Subtle cases of these particular types of experiences are linked to past-life and even future-life memories.

To finish up this particular section, let me add that Dr. Kzark Prestidius (a psychophysicist from another reality, who is also actively involved in consciousness research) has explained to me that this type of information, as well as other infinite types of data, lie at the border of the subconscious mind, and may be accessed via stimulation of cortical and limbic activity in the brain. In my case, I happened to 'stumble' upon it while experimenting with large doses of LSD together with REM sleep deprivation. In fact, this particular experiment—which is described in chapter 5—apparently caused me to sort of short out the 'circuit' responsible for the scrambling/reception/acquisition of such type of data. Hence you are now reading it.

The Psychedelic Aspect of Reality

As previously mentioned, all PDFD's are constructed and sustained through a highly specialized psychic and telepathic agreement—a consensus. Inhabitants of a particular PDFD agree through a subconscious network (collective unconscious) which types of data are to be objectified. This in turn serves as a basis of reality in that particular system. The PdS, which permeates any given PDFD, is similar to a radio frequency—morphic in nature—that is picked up by all inhabitants of that particular continuum. To give you an example of this, the coordinates of A, B and D, combined with say this current time (in our space-time continuum), has been agreed by our consensus (all individuals that are living and have lived in *our* historical timeline) to be the "Eiffel Tower in Paris, France, present time (year 2000)", for example.

This however, only has significance and validity to us. For if an inter-dimensional spacecraft full of alien beings touring the universe happened to arrive in Paris, and at the precise location of the Eiffel Tower, they may arrive in a *probability* continuum window where the tower was never constructed; or in a *time* window in which it hasn't been built yet! Another problem that may face our alien friends is that their neurological hardwiring may be incapable of receiving the program, or rather PdS that is being broadcasted in our particular PDFD (remember the dilemma that the missionaries and aborigines found themselves in, and the blue colored universe?). If this is the case, then they will not be able

to see or interact with our environment. In essence, they would be invisible to us, and we—including our reality—invisible to them.

There are instances however, when transparent ghost-like images of us may appear to them and vice versa. However, these distorted images will be hybrid in nature, for they will be a construction attempted by the perceiver's senses. Which in turn, will oftentimes result in a *combination* of the actual object or being. In addition, the interpretation by the perceiver will be based on his/her own neuro-associations stored in his/her memory banks.

Furthermore, all inter-dimensional voyages or out-of-body travels do not lead to the same places. In fact, one may travel not only to another location in time, but also to another *probability continuum*. Because of this, one must then program the journey beforehand, while in a receptive altered state of consciousness, such as in a very deep state of hypnosis. The psychonaut should also have a specific list of instructions of what is to be observed and recorded during the exploration, and most importantly, he or she should use correct *map coordinates* as well as specific *dates* and *times* of targeted events. (This of course is greatly assisted by a monitor, who facilitates the entire process as well as helps one carry out instructions.)

During this process the psychonaut will then record its expedition in the form of memories for later access, or, with the practice of special neuro-visual and neuro-linguistic exercises—which I have been given and will share with you, shortly—the psychonaut may describe the exploration out loud and in real-time (as it is happening).

Now, if the location one wishes to explore happens to exist where there isn't a large consensus—as is the case with many dream systems—then the physical materializations will not be consistent. Because of this, a voyage to this type of PDFD will seemingly play with the explorer's perception. Moreover, the psychonaut's mind will tend to distort objects of said system of reality more readily. Let me illustrate what I mean with the following example.

Let's suppose that one takes a road trip from point A (New York) to point B (California) here in *this* space-time physical reality. One may not be surprised if the scenery that is encountered during the trip happens to change every so often along the trip. One may come across hard terrain, which in turn may give way to a body of water, for example. But one expects the time window of today to stay the same, and not suddenly change from the year 2001 to the year 1745. The reason that this isn't likely to happen is because our physical dimension's linear and sequential time is maintained by the rigid *consensus* and set of *beliefs* that exist here, and which in turn is what our PdS is made up of.

In a dream system however, because of its 'un-rigid' or plastic nature, one may travel from point A to point B, but if not properly focused, today may suddenly give way to yesterday! Therefore, unless the explorer's consciousness is focused with excellent precision, he or she will then meet with all types of inconsistencies—slides in time and/or probability windows. One of the keys to

accurate inter-dimensional mind exploration then, is a combination of *intent* and a specific set of instructions, which in turn, act as sort of a psychic tuning device and keeps the psychonaut focused on the *same* space-time continuum.

Let me stress that although some of these theories may defy logic and may be dismissed as a work of science fiction, I can only comment on what I have experienced and the information I have been given—which in my experiments have come to be proven true. Remember that Copernicus was accused of being mad. Also, Columbus was said to be wrong. But time has proved them neither. Instead, time and other explorer's similar experiences have come to not only validate their theories, but have proved them correct. Thus breaking and replacing the previous status quo. Who knows, if I would have written about these theories and experiences three hundred years ago, I may have been burned at the stake; for it would have been disruptive to the set of beliefs or status quo that existed in the general population at the time. However, from a historical perspective, I have learned that status quos were made to be broken.

The Quantum Hall of Mirrors

As I came to learn from Gary Zukav's brilliant book "The Dancing Wu Li Masters", the purpose of particle physics—which uses huge and very expensive particle accelerators and extremely fast and accurate computers—is to smash particles and try to measure and find, once and for all, the ultimate elemental particle of creation. However, this search has met with the ultimate nonsensical and illogical paradox. This is because when smashing subatomic particles against each other with tremendous momentum and force, instead of coming up with smaller pieces—as common sense dictates—particles just as big, and in many instances even bigger than the ones they began with appeared, instead!

This is very much like smashing two television sets together, and instead of breaking into smaller pieces, other same size t.v.'s and even bigger ones result from the smash! To the researchers this was complete nonsense. In fact, it was mad. But that is the way things have turned out. This is the way things really are here in the physical dimension.

This reminds me of the wave-particle duality. Remember that light is a particle, and it is also a wave. But a wave cannot be a particle, and a particle cannot be a wave. Yet they are both. Maybe 'right' and 'wrong' are one and the same. Maybe 'right' *is* 'wrong', and wrong is right. Nothing is everything, and everything—in reality—is nothingness... In addition, what I found really fascinating about these studies is that it made me realize that as I studied consciousness, in turn, consciousness was studying itself! And my search for the ultimate component or building block of the universe, and also for the secret of creation itself, ultimately brought me to nothing, or rather to 'no thing'; and, also to every-thing...

This taught me that everything is a manifestation of that which simply *is*. Fortunately or unfortunately—depending on how you wish to view it, for there is no wrong or right way of doing so—this ‘*is*’ is something that must be *experienced*. And when you come to experience, ‘it’, you will come to find what every mystic throughout millennia has found. Which is that this ‘isness’ is *you*. Moreover, this ‘you’ is a state of being; *and* also of non-being.

Having come to terms with what I had found so far, I realized that no matter what laid ahead was of Universal Intelligence’s creation. And whether I chose to qualify whatever else I uncovered with my own personal preconceived notions, or with the previously programmed views I had, or cared to use, was of no consequence. Because a thing, a thought, an idea, even an opinion—anything in existence, for that matter—is simply that.

CHAPTER 4

Chemical Mysticism

"The ancient knowledge of the elders—who created the physical dimension—is encoded within the essence | genetic code | of every living organism. The plant teachers allow access to this information."

Jiebro

"It is dangerous to be right in matters on which the established authorities are wrong."

Francois Marie Arouet Voltaire

As my research continued, I did not cease to be fascinated by what I was uncovering. In fact, it felt as though I was entering territories of knowledge, understanding, and insight that are only known by a few, yet should be known by all. In that sense, I was becoming aware of an entirely different framework of thought and being and even reality. But nothing prepared me for what I was about to encounter next—psychedelics (and hallucinogens). Indeed, when I delved into this particular phase of my investigations, I suddenly realized that all of what I had been taught throughout most of my life about these substances had a feeling and sense of ignorance, 'wrongness', and even falsehood. On this section you will come to see why.

The fact is that I, along with millions and millions of people on this planet, have been fed *lies* and negative propaganda about *psychedelic* drugs. Moreover, it did not take long for me to realize that the groups who were at the forefront of the "WAR ON DRUGS" were either both deceptive and calculated; or, extremely stupid, ignorant, and completely biased.

As explained at the beginning of this book, federal and government agencies such as the DEA and FDA, for example—who chastise and imprison those individuals who feel they have the right and want to have certain experiences in the realms of their own minds—are the same who *protect* under the *law* cancer-producing agents such as tobacco! In fact, other DEA-approved drugs such as AZT, have killed more Americans than any, I repeat, any psychedelic substance *ever*! In addition, thousands of people die each year as a result of hospital and medical mishaps. My point being that accidents are simply part of life.

I have a big problem when for example, I hear that LSD is dangerous when taken every few days or on weekends over along period of time, say a few years; for it supposedly builds up in the body and causes adverse effects on the user. Well, if that's the case, then it is same even with FDA-approved drugs such as diazepam (a.k.a Valium). Therefore, proper, responsible, and *informed* use and not abuse are the keys regarding the use of any pharmacological substances—legal or not.

Now, almost all cases of drug addiction and/or deaths involve the use of hard-drugs and narcotics such as crack-cocaine, heroin, morphine, etc. But this is not the case with psychedelics such as LSD, 2C-B, 2C-E, 2C-T-7, MDMA, psilocybin, mescaline, etc. In fact, there has *never* been any *direct* correlation between their *proper use* i.e., adequate dosages, purity of content, fluid intake, etc., and death! Contrary to the negative propaganda furnished by the sensationalist-driven media, *responsible* use of these substances is no more dangerous than the improper use of *any* other controlled and legal substance.

However, drugs such as *tobacco* and *alcohol*—*which have been medically proven to cause irreversibly internal bodily damage, including death*—continue to remain legal and are protected by our laws. Where's the logic in that? Furthermore, drunk-driving related deaths are in the tens of thousands each and every year. And lung cancer, emphysema, etc. continue to cost billions of dollars to taxpayers.

Given these facts, I ask you: Since alcohol and tobacco have *killed*, and continue to *kill*, many, many more people than *all psychedelics combined* (and again I *emphasize* that psychedelics-caused deaths have *nothing* to do with the substance itself but rather with *improper* use, due to ignorance on the part of the users) then how come the FDA isn't passing a *ban* on cigarettes and alcohol? Or putting them under Schedule 1 status classification, as they have done with *all other 'dangerous' substances, which are of 'no medical value', and have a high potential for becoming addictive and also have a high abuse rate?* Could it be that they consider booze and cigarettes to be 'recreational' in nature? Then, if this is so, how come other recreational substances such as MDMA (a.k.a Ecstasy) have become Scheduled and are therefore illegal under federal law? Again, given the *fact* that both alcohol and cigarettes (along with heroin and cocaine, for example) have been *medically proven* to be *detrimental* and even *fatal* to the health of human beings? Why?

Well, I'll tell you why. Because of dirty politics and the all-mighty dollar. Wake up and start using your mind. It doesn't take a genius to figure it out. Ironically however, psychedelics enable mature and healthy individuals to start *using* their minds. This, of course, scares the living shit out of those in power. Furthermore, 'the powers that be' don't want you or I *using* our minds, for then we can potentially disrupt the status quo that they have so carefully and cleverly orchestrated. They rather that you and I cloud our minds with booze and other FDA-approved mind-numbing narcotics; and remain *blind* and *ignorant* to their underhanded skims.

The truth of the matter is that currently in our society, a number of weak-

minded, money-hungry tyrant bastards continue to manipulate a bunch of air-headed bureaucrats and lawyers—much like puppets are manipulated—and continue putting a smoke screen over the minds of the sheep-like American public for their own gain. This is the same group of savvy individuals who do not want *unbiased* and *scientifically-based* information about psychedelic substances to reach the eyes and the ears of both you and I. And they do this by feeding all of us, through the sensationalist-driven media, self-serving, carefully crafted information, or rather *misinformation*, which in turn effectively instills fear in the minds of the public at large with regards to these substances.

Moreover, the war on drugs has been lost. *It has been long lost.* This is due to the fact that authorities cannot *stage* nor win a war against these substances when the *people themselves want them*. And not only will people go to any extent in order to get them, but in like manner use *almost anything* they can get their hands on in order to get high. Therefore, the DEA, politicians, and other ignorant 'good Samaritans' should concentrate their efforts on something else. Because the notion that they can stop and control basic human needs such as drug use, or even *sexual activity* is not only ludicrous, but must come to an end.

I mean just think about it for a moment: police task-teams, millions of our hard-earned tax dollars spent on police man-hours every year, surveillance, sting operations, hidden video and audio devices, undercover detectives, even entrapment in order to stop good ol' Mr. Jones from getting a blow-job from a prostitute! Not only that, but then we tax payers have to further foot the bill for good ol' Mr. Jones' legal fees pertaining to this matter, in order to hopefully scare good ol' Mr. Jones into keeping it in his pants! Or, having to arrest Timmy for possession of marihuana, and giving him a police record—years in prison if he happens to be caught with more than a few ounces—in order to scare and hopefully prevent him from sparking-up another doobie and getting high and silly! Do you see what I am trying to get at? People in this country—mature adults—are treated like children and kept in a state of infantilism, if you will, by 'authorities'—so-called—who say that they have only our best interest at hand. Huh! That's an interesting way of putting it: "Don't mess with your penis or with your mind, or there will be hell to pay." (Item: On March 26th, 1966, Harvard University professor and psychedelic guru Timothy Leary was arrested and then convicted to thirty years in prison after his daughter was found in possession of less than half an ounce of marihuana!)

The way I see it, one thousand years ago, these actions—illegal sex and/or illegal drugs—were enough to send 'good God-fearing' people to hell for all eternity. Now, since the grip of religion has lost its stronghold on the mind of most people, these actions are sometimes enough to land one in jail! 'Big Brother' today having taken the place of the vengeful and wrathful God of the middle ages. It is utterly ridiculous. But this is only so because we as a society have given a group of bureaucrats in our government the power to do this and continue to *let* them.

Not only that, but they have also conditioned our minds to think that we need them to, and so they must, protect us from these 'bad' things. So in reality it's our fault! We have given certain individuals in our government this authority and power. But remember that *power corrupts the weak-minded*. Now don't get me wrong, I am not saying that everyone in our government is guilty of underhanded tactics and ignorance. However, there are a few bad and foolish apples in the nest.

As pointed out earlier, large numbers of high school and college students are experimenting with all different types of consciousness-altering substances because they either try marihuana and realize that it doesn't drive them mad or turns them into sex deviants; thereby realizing that they have been lied to by parents, teachers, and other similar ignorant people. Or, they come across unbiased and scientifically-based information about these substances and realize that everything they have been told about them is a crock-of-shit. But again, don't misunderstand me. I am *not* suggesting that everyone should use or is ready to experiment with these substances; or that they are of no consequence. That would not only be irresponsible of me, but the truth of the matter is that currently *most of the general population of the world* simply isn't psychologically developed enough yet to use them! This is a fact.

However, I do feel that if people in this country were not lied to about psychedelic/hallucinogenic substances (and everything else across the spectrum, including politics in general for that matter) and were presented instead with the real-facts about them, both the good and the bad, they could then make an informed *choice* as to whether or not they feel ready for them or not. I believe that most people are capable of making intelligent decisions if given the chance, the *facts*, and most importantly, the means of using and developing their minds.

The reason I am saying this is because it is a crying shame that in this day and age—the twenty-first century—people all over the world, especially in this country, are programmed *to think* within certain parameters set forth by the government and society, instead of being taught *how to think*. Yes, that right, people are not taught *how* to think. Instead, they are fed information subliminally, which then they simply *react to* and recite.

Let me add here that those unfortunate individuals, who have perished from drug overdose, have done so as a result of using narcotics and other hard and mind-numbing substances. No one has ever died of an MDMA, psilocybin or LSD overdose, for example—*never*. Although these particular substances are reported by the FDA to be extremely dangerous to the health of human beings. The few reported cases of death caused by psychedelics such as MDMA, were due to dehydration (and again, *ignorance*) on the part of the consumers who slam-danced in rave clubs for hours on end without the intake of any fluids, and also due to overdose. Again, ignorance on the part of the users is the culprit here.

Which is why *drug education*—and *not* anti-drug brainwashing—should be *top*

priority in this country. Although recently, all of this is changing thanks to the explosion of the communication age via the non-regulated channels of the Internet. However, there is strong indication that the government wants to regulate the World Wide Web one way or another. In fact, the right of freedom of speech is being threatened in our country as we speak. All of this being part of a worldwide conspiracy headed by some of the BIG companies (pharmaceutical, medical, tobacco, etc.) who see this medium—Internet/information/communication—as a threat to their underhanded schemes.

For as you can imagine, the transfer of non-biased information about *any subject*, especially about *mind-expanding* substances, could indeed put an end not only to their covert activities, but also to the *control* which they have over the minds—and wallets—of the people of this country and the world at large. (Before I forget, let me recommend what is perhaps one of the *best* books regarding the *psychotherapeutic* use of psychedelic substances: “Thanatos to Eros”, Thirty-five years of Psychedelic Exploration, written by Myron J. Stolaroff. In said book you will have a chance to read *truths* about these substances.)

In addition, it is time for us to take a serious look at the problem of drug use or rather substance abuse/addiction, and realize that it has to do more with an underlying psychological factor than with a chemical one. Indeed, drugs—any type of drugs/substances, and even certain *activities*—are not to blame for addiction. On the contrary, the person taking the drug is not only responsible for his/her addiction/behavior, but is also in control.

I say this because people can use food, drink, sex, or any type of activity/behavior as a drug. What are we going to do then? Ban food and sex? How about Nintendo® video games? Again, these can and do become addictive. But that depends on the individual, and *not* on the activity or substance itself! It is the same with guns, for example. We all know by now—at least I hope we all do—that guns don’t kill people. Instead, the people who pull the trigger do! So people have to stop blaming others for their behavior and start taking responsibility for their own actions.

Not only that, but in our society we tend to accept certain types of addiction over others. I’ll give you an example. Being addicted to food is more acceptable than being an alcoholic. And, being an alcoholic is more tolerable than being addicted to crack-cocaine. And being addicted to cigarettes, and say gambling, is well, okay. That is just a ‘harmless’ and personal as well as individual choice—so we are told. But those are still forms of addiction!

However, wanting to ingest sacred plants such as peyote, DMT, or psilocybin mushrooms—which have been used for thousands and perhaps millions of years by shamans and spiritual-seekers alike in order to have personal insights into the nature of who and what we are—is not only ‘seedy’, ‘dark’ and ‘unacceptable’, but illegal. Indeed, those things are ‘bad’ and laws should be put in place in order to ‘protect’ us. Yet booze and cigarettes continue to be protected by our laws... Why? Again: because of the vested interest that some indi-

viduals in power have over those industries!

(Let me recommend a movie based on a *true story*—the 265 billion-dollar settlement by the tobacco industry that took place about a year ago—related to the subject of manipulation of the law and the news media by billion dollar corporations. The flick is called “The Insider”, starring Al Pacino. Watch it, and you will learn about what really goes on behind the closed doors of corporations and the news media; and why people are so reluctant to come forward with information relating to the exploitation and manipulation of the public through the news media. Again, the TRUTH is out there for those who want to find it. So go over to Blockbuster and rent it. I promise you it will be worth the four bucks you spend.)

Not only that, but these clever characters continue to make billions of dollars each and every year out of people’s addictions, misery, illnesses, and suffering. The truth of the matter is that we have become a society of ‘cash cows’ that these tyrants continue to milk for everything they can. We are *slaves* to a system that ‘was’—once upon a time—founded on truth and justice for all. But, instead, has become an instrument for the decay of the human spirit and a prison for the mind. Because of this, I feel that institutions and organizations are not only self-serving, but have done us about all the ‘good’ we can stand!

I’ll bet you one billion of Bill Gates’ dollars that most of the individuals behind—and I mean *behind*, not at the forefront—the criminalization of mind-expanding psychedelic substances such as LSD, Ecstasy, and psilocybin have themselves ingested them—in the proper context—and therefore *awakened* to the fact and knowledge that without these substances the minds of non-users can and do remain in a state of *stagnation*, and can therefore be *manipulated*—as has been the case in our society for over half a century—for their own gain.

In fact, these clever characters have become the new ‘high priests’, who are not only discouraging people from expanding their minds, but will go as far as throw them in jail and even *murder* them if they disobey their ‘laws’. Moreover, it is very convenient for these characters that these drugs remain illegal, for then they can make huge profits *selling* them! So that in turn, they can finance covert operations. In case you didn’t know, the illegal drug trade is a 500 *billion*-dollar a year market. And all of this ‘gray’ money is untraceable and un-taxable.

Now, I bet that many of you who are reading this know nothing about the hundreds and thousands of injuries and deaths that FDA-approved and *mandated* vaccinations have caused and continue to cause in children—vaccinations which we are allegedly by law required to give to all newborn and pre-school aged children, am I right? I bring this up because I have followed this particular story since 1997, thanks to the groundbreaking and thoroughly researched and documented book, “Emerging Viruses”, by Len Horowitz, M.D., a highly respected Harvard Graduate and *public health* professional. But it isn’t until early 1999, as I am writing this section, that a small story was aired on ABC’s 20\20.

Yet these contaminated vaccines have continued (and continue) to be inocu-

lated into children! I don't see major stories and sensationalist newspaper headlines about it. And do you know why? *Money* and *Politics*. In fact, these clever characters I have been talking about, *own* all of the major networks and mass media outlets, including major medical and pharmaceutical corporations. It is a corruption that reaches unimaginable levels!

Moreover, I have learned that the FDA's hands are tied by confidentiality agreements placed upon them by the multi-billion dollar pharmaceutical cartels! (Did you know about this?) Since this subject is a book on its own, I will direct those interested in finding out how much they have been *lied* to—even *at the expense of human lives*, for the all-mighty dollar—to read the book by Dr. Len Horowitz I just mentioned, and/or visit his website at **tetrahedron.org**.

There is *so much* covert stuff, which the average 'Joe' knows nothing about, that it's ridiculous. In fact, it is sad. But if you want to uncover the truth—the *real* truth about *anything*—then you *must* make it *your* business to do so.

Another thing I learned from my research into psychedelic substances is that many of them can heal almost all illnesses—for all *illnesses* are psychosomatic in nature. Yes, that's right. All begins in the mind, and by *treating the mind* we are treating the cause. And, because of this, we are then *healing* the affliction; and not masking the symptoms, as western medicine does. However, a sad fact is that health does not make dollars and profits for the multi-billion dollar medical and 'health care' industries. This is also the reason why those in power over those industries *do not* want this type of information to be common knowledge. For they stand to lose billions and billions of dollars each and every year.

This is also the reason why as soon as information like this begins to appear, they proceed to debunk it through the controlled media—claiming that it is nothing but quackery. Again, I bring back to mind the situation with regards to cigarettes. Indeed, it is ludicrous that to this day—the twenty-first century—and after tens of thousands of nicotine-caused *deaths*, we have lawyers and bureaucrats still arguing whether cigarette smoking is responsible for lung cancer and death or not! *To this day* they are still arguing that there is 'no conclusive proof' between cigarette smoking and lung cancer and death! But that's the way things still are—until *you* make it your business to change them.

That is one of the reasons why I said that the Internet presents a big threat to these clever characters. And that is also why they are trying to *control* the type of information that can and cannot be transmitted over the World Wide Web. In fact, I have learned that there will be an all-out effort to pass a bill—the "Feinstein-Hatch Bill"—which would criminalize and make it a felony punishable with up to 10 years in prison (!) for publishing 'un-approved' drug information, or even *linking* (!) to any website that disseminates said information!!! Gee, I wonder which organization will be in charge of 'approving' drug information...? The FDA perhaps? Therefore, I suggest that all of you reading this write to your senators, and express your objections over this matter a.s.a.p.

Can you imagine? Giving the *power* back to the individual? Giving the individual the power to have access to the *real facts* about these substances and *then* make an *informed choice* whether they feel they want to experiment with them or not? And also *choose* whether or not to play in this game of deception that has been so cleverly orchestrated for nearly half a century? But the constitution says, "Power of the people and for the people." So, I again say to those of you who are willing and ready, to wake up and start making it *your* business to uncover the truth. Research the facts about *any* subject and come to *your* own conclusions. Besides, it would be wise and pertinent to take advantage of the information/communication age—at least while you still can.

Now don't get me wrong, by no means do I suggest that psychedelic substances are of no consequence, or that they should be used for recreational purposes by children or teens. However, what I do suggest is that they are of unsurpassed *psychological, emotional, and even spiritual* value, if used correctly, in the proper settings, and under proper supervision—usually by trained psychiatrists and psychotherapists. Much like it is done over in Switzerland, for example. MDMA, when it was first introduced—and *subsequently used for many years in therapeutic settings*—was used in this fashion. That's correct, *psychiatrists and psychologists* used this substance until about 1984, when after helping *thousands of people* with emotional and traumatic disorders, it was suddenly banned by the FDA. In fact, the administrative-law judge Francis Young, who proceeded over this matter—whether or not to put MDMA under Schedule 1 classification, the most restricted classification of all, which means that this substance is of no medical value to man and therefore not available even to scientists for further study—after hearing all of the evidence presented, ruled that MDMA be placed in the Schedule 3 classification—a much less restrictive classification.

The reason for this being that this classification still *allows* the medical profession and scientists access to it for further research. But do you know what happened after the judge's ruling? I'll tell you what happened: Government officials overruled the judge's decision and put MDMA under Schedule 1 classification anyway! (Just for fun I have to ask, did you hear about this? You don't have to answer, because chances are you did not. And if you did, then you know what I am talking about. A book on this subject is "Ecstasy", The MDMA story, by Bruce Eisner.) Anyway, as I've been saying, there's a lot going on behind closed doors and even in courtrooms that most people know nothing about.

Indeed, these clever characters even have the power to overrule a US court's ruling!!!! It is corruption that reaches the highest levels. But you see, with MDMA as an example, it only costs about *twenty cents* each tab to manufacture, but its street value is up to thirty dollars per tab! So you see, it is much more *profitable* to have made it and keep it illegal. Think about it for a moment. Wake up!

Anyway, as far as psychedelics are concerned, I can personally attest that most of these substances somehow illicit empathy, and work on the emotional

makeup of the user; thereby having many positive and life changing uses, including the rehabilitation of prison inmates. But I ask you again: Have you ever heard or read about this fact regarding psychedelics? Of course not. Nonetheless, those studies *do* exist, as well as academic papers published by medical professionals that depict much similar positive and therapeutic use of these substances. But don't take my word for it. Do your own research and see for yourself.

Talking from personal experience again, I have to say that psychedelic psychopharmacology is perhaps the greatest approach to the engineering of consciousness ever devised by man. Indeed, by using psychedelics human beings have the unprecedented opportunity to look within their own psyche and affect changes in their behavior, psychological makeup, and belief structure. Moreover, these substances enable the human consciousness to awaken from its consensual slumber and to its true divine heritage and state of universal being. In fact, I feel that psychedelics are the greatest gift *ever* to be given to human beings. Keep in mind that I am talking about *psychedelics* and not their cousins—hallucinogens. Hallucinogenic substances are a whole other ball game, and you will see why in this and the next chapter.

To those of you who are reading these words and are alarmed, if not repulsed by what you are reading, remember that you may be thinking and feeling this way because of the previous negative conditioning and programming performed by ignorant parents, teachers, clergy, and even power hungry politicians.

The slogan, "SAY NO TO DRUGS" is one-sided and hypocritical. And I'll tell you why. Better yet, let me give you an example. Andrew Weil, M.D., author of many bestsellers on *health*—nonetheless—is just one of *thousands* of medical doctors and clinicians, psychotherapists, researchers, and scientists from around the globe who have come to the conclusion—based on extensive medical and clinical information, and even from *personal* experience—that medical-grade quality psychedelics such as LSD, psilocybin, and mescaline among others, are some of the *safest drugs known to medicine!* But did *you* know that? (You don't have to answer...) Why isn't this information more readily known, uh? How come information like this isn't presented on television? How come there aren't any stories on any of the major national publications regarding the *real facts* about psychedelic substances?

Moreover, it is a fact, my dear friends, that many of the Scheduled substances—at least the ones that aid in the development of higher states of consciousness, and which are allegedly of no medical value to humans, and which also allegedly pose a threat to the health and welfare of humans—are the same substances that are chemically almost *identical and structurally related to neurochemicals that are part of normal brain metabolism!* The truth of the matter is that our brains are the largest pharmacological factories on the planet, including of most of the illegal Scheduled substances!

Therefore, every human being on the planet right now is in violation of federal drug laws, for we are all in possession of noradrenaline, a natural brain hormone similar in structure to mescaline; and dimethyltryptamine (DMT), a powerful hallucinogenic compound, which causes us to get high and hallucinate every night (this neurochemical is what allows us to dream). Other illegal substances are acetylcholine (similar to uppers) and norepinephrine (similar to downers). We even manufacture our own morphine-like painkillers.

So, as you can see, there is no such thing as a chemical-free reality. In a way, we are constantly under the influence of drugs! The word *endorphin* means endogenous or self-contained morphine, which in the case of extreme pain or physical exertion our bodies rapidly manufacture—all in the right doses and without any side-effects. Indeed, Mother Nature is very intelligent, for it has equipped us with the necessary ingredients and mechanisms insuring our survival. And, I ask you; if these substances are supposed to be so 'bad' then what are they doing in our brains? Wake up. What's more, we have receptor sites in our brains that match the *exact chemical codes*—as in a lock and key combination—of many other illegal substances, such as psilocybin (magic mushrooms), peyote (a psychotropic cactus), mescaline, and a number of others. Why would nature equip us with such 'bad' receptor sites?

The fact is that psychedelic substances appear to be at home in the environment of the human brain. Maybe this can shed some light on the reason why shamans intuitively prepared a brew called ayahuasca, whose main ingredients are DMT and beta-carbolines—both part of normal brain metabolism—that enabled them to access other realities and dimensions via the out-of-body state.

A very interesting thing I learned from reading many of (the great and unfortunately late) Terence McKenna's inspiring and thought-provoking books such as "The Archaic Revival" and "The Invisible Landscape", is that shamanism is mostly techniques, not rituals. Indeed, I came to find in his books that in the tribes where shamanism is practiced, certain individuals with 'peculiar qualities' are noticed and then encouraged to follow rigorous shamanic training. These qualities being oddness or uniqueness in the individual, a proneness to easily enter daydream or trance states, and even epilepsy. (Do keep in mind that a trance state is very different than a psycho-visionary state. For in the latter one actually *experiences* what is seen. This can be psychologically upsetting to some.)

McKenna also believes that there may be certain genes that mediate shamanic functioning—especially in hallucinogen-using shamans. For he feels that their shamanic ability appears to be determined by how many active hallucinogen receptor sites they have in their brains—thus facilitating these types of experiences. Another interesting finding by McKenna is that shamans *always* use hallucinogenic plants in order to perform their paranormal feats.

I was also surprised to learn from reading the books mentioned above that

initial shamanic training in essence consists of forced insanity, so as to completely annihilate the ego and build a new and stronger one. Consequently, most shamans are said to be somewhat mad. Shamans are also said to be introverted intellectuals and loners, and many of them are well-versed in plant chemistry—believing that plants are spirits. (Based on first-hand experiences I feel that a temporary state of madness can also result from constantly traveling into alternate dimensions. Because during a particular phase of my substance-induced explorations—some of which are described in the next chapter—I became almost completely immersed in alternate realities, and as a result, experienced psychosis and schizophrenia-like states for a period of a few days.)

The way I see it, shamans are similar to a quantum physicist, in that they seek to unravel the nature of creation and reality. McKenna has also found that Zen monks, while experiencing deep levels of meditation and/or samadhi and say that they are becoming one with the universe or seeing God, are in fact releasing abundant amounts of serotonin (a neurotransmitter) from their pineal gland, whose hallucinogenic effects are similar to LSD. I have also come to learn that Tibetan monks often smoke hashish before meditating!

Therefore, in light of these findings, I can't help but speculate that nature, in her infinite wisdom, has not only created the necessary ingredients for our inner-self development and spiritual evolution—such as hallucinogenic/psychedelic plants—but has also equipped us with the necessary brain receptor sites and mechanisms that allow these substances to *work* within us at the neuronal and even cellular level in the first place!

In addition, cutting-edge biochemical sleep research has found that delta sleep is the high (no pun intended) point of the brain's manufacturing of tryptamines such as DMT. As mentioned earlier, LSD and psilocybin are also tryptamine derivatives, which in turn are structurally related to serotonin (5-Hydroxytryptamine).

As you can begin to see, the human brain—which is a complex network of electrochemical circuits—requires tryptamines—which are hallucinogenic in nature—in order to function normally and optimally, both in the *waking* and the *dream* states. The reason I am emphasizing this is because in the last chapter I said: "Physical reality is a hallucinatory construction of the physical senses..." Well, given this, I feel that the *ratio* of serotonin we metabolize in our brains (among other neurochemicals) during the waking state may in fact help us construct/perceive waking reality as we know it. While in contrast, the heavier amount of DMT that is secreted during our sleep state (also a type of altered state, of course) allows our brains to construct/perceive a different type of reality, which exists 'outside' physically-perceived waking reality. However, if the amount of DMT (in the human brain) was to be increased during the waking state (by external administration, such as injection, snorting, smoking, or prolonged *sleep deprivation*), then said human brain will commence to construct/perceive the dimensions that are normally accessed during the dreamstate

while being in a waking state...!

Well, needless to say, after coming to grips with the fact that just as with millions of people, I also had not been presented with all of the *real facts* about mind-expanding substances. Therefore I decided to do my own research and experiments with them, and come to my own conclusions. For this however, I had to go to the drug underground, in search of such exotic substances as DMT, 2C-B, ketamine, LSD, and MDMA. (Again, I want to make it clear that I *do not* advocate drug *abuse*. However, I do find that *psychedelics* are beneficial to those *responsible adults* who are sincerely seeking their own answers about who and what they are, the nature of reality, consciousness, existence; and other similar philosophical questions.)

Unfortunately, because of current archaic drug laws, I had no way of knowing whether or not the substances I was purchasing and ingesting were pure. Or, if in fact they were what they were supposed to be. Not to mention the years in prison I face if caught purchasing them! Although thanks to some psychopharmacological research I was also able to pin down a couple of *very powerful* hallucinogenic substances that are readily available at any local drug store or supermarket.

Now, as mentioned at the beginning of this book, I abstained from the use of drugs until the age of thirty. It wasn't until I was almost thirty-one years old that I tried cannabis (pot) and not only enjoyed it, but I *inhaled* (and liked it!). You see, I too had been negatively programmed and brainwashed against their use. I mean, don't get me wrong, I would certainly have to agree that hard narcotics such as heroin, cocaine, crank, etc. should not be messed with, for they numb the mind and are very physically addictive. But so are other legal prescription drugs such as Valium™, Zoloft®, etc. This also goes for alcohol. On the other hand, *psychedelics* EXPAND THE MIND.

My experiences with most of these substances have been very powerful, transcendent, and life changing. But, would I recommend that everyone experiment with psychedelics and hallucinogens? **ABSOLUTELY NOT.** For I truly feel that only *psychologically mature adults* should experiment with them. In fact, in my opinion, these substances should only be taken by adults who are at least *over thirty-five years of age*, in excellent physical and mental health, and who are serious about their psycho-spiritual development. Moreover, these substances should be ingested in a shamanic context—alongside a skilled therapist (or shaman)—who has experimented with them himself, and is aware of their psychic effects first-hand. Yes, in this ideal setting, one is apt to have the life-changing experiences that are the hallmark of many of these substances.

These experiences having not only been mine but also that of many, many professional psychiatrists, psychologists, physicists, and even artists. In fact, just check out the works of Stanislav Grof, M.D., John C. Lilly, M.D., Ann & Alexander Shulgin, Ph.D., Andrew Weil, M.D., and Adolphous Huxley to name but a few. These individuals are not delusional, party-time, acid-tripping idiots. On

the contrary, they are psychologically and intellectually mature sound professionals.

The CIA and Psychedelic Research

Let me now give you a little more historical background information on these substances. On April 16, 1943, Albert Hofmann at Sandoz laboratories, in Switzerland, was the first human on the planet to take an LSD trip. As any true scientist, Dr. Hofmann decided to first experiment with this newly discovered substance on himself. He found that the effects LSD produced on the mind were profound. He even experienced all of the classic effects of an out-of-body experience without actually calling it that, while experimenting with a dose of 250 micrograms. In addition, Dr. Hofmann and other researchers thereafter were baffled by the fact that such a microscopic amount of this newly synthesized compound could have such profound effects on the psyche. Research into LSD and its effects on the human brain has shown that only a tiny amount of the substance actually crosses the blood/brain barrier and enters the brain. In fact, a minuscule amount (.01%) of the original *microgram* (millionths of a gram) dose is all that it takes to engage LSD's psychic effects!

Now, up until the mid-sixties, psychiatrists and psychologists were using many psychedelics to help people with serious psychological disorders. Many of these patients were cured from lifelong emotional disorders, not in five, ten, or twenty years of psychiatric and psychological therapy, but in three or four sessions of psychedelic therapy! Because of this, many psychiatrists and psychologists even began to abandon the practicing models and protocols of psychotherapy. Because substances such as LSD, psilocybin, and mescaline provided and opened clear channels of communication between the mind and psyche of both patient and therapist.

Typical therapist-assisted psychedelic sessions included the ingestion of the substance by both patient *and* therapist. Again, most of these individuals had profound, life-changing experiences. Right around this time, a paper published on the mental effects of mescaline sulfate came to the attention of prominent writer Aldous Huxley, who after experimenting with mescaline wrote about his experience in the classic: "The Doors of Perception". All in all, psychedelics showed a lot of promise to treat, and even explore the human mind. Indeed, 'in the beginning' there were a lot of benefits associated with these curious substances.

A common misconception about psychedelic substances and even of visionary plants is that the images, perceptions and experiences are the result of the ingested chemical, but in reality they are not. The fact is that each one of us is psychologically and emotionally different, and therefore no two individuals taking the same substance and in equal amounts will have the same

exact experience. Talking from personal experience, I feel that these substances act as psychological 'amplifiers'. Which is to say, whatever one already is, a psychedelic such as LSD multiplies by about 1000! So, if you are silly, psychedelics will make you really silly—extremely silly. In fact, *too silly*. On the other hand, if you are artistic or intellectual then psychedelics will make these qualities in you more pronounced—*extremely* pronounced. In that sense then, these substances appear to be keys to realms of being that already exist within us.

As I just mentioned, when first introduced to the world the scientific community received LSD with much enthusiasm, and it enjoyed a high standing among psychiatrists, psychologists and scientists. Unfortunately however, CIA scientists also started to do classified research on LSD and other psychedelic substances—to see if they could be used in the military for the spy trade and/or as mind-control weapons. This operation came to be known as operation ARTICHOKE, and later as MK-ULTRA—a top-secret program that was headed by the CIA's chief scientist at the time. But that's not all that MK-ULTRA was doing at the time. I also came to discover that as early as 1952, the CIA covertly initiated an extensive nationwide search for gifted individuals with clairvoyant powers... (Did you know anything about this...?)

Grants for this research were poured through CIA conduits such as The Society for the Study of Human Ecology, and the Josiah Macy Jr. foundation. In fact, consultants in the form of professional psychiatrists, hypnotists, medical practitioners, and psychics were brought in to participate in these experiments, which included experimentation *with* psychedelic substances. Curiously, the Soviet Union had also started doing paranormal research with mind-expanding drugs, but way before the United States. As it turns out, Soviet and American paranormal research continued for some twenty-five odd years (I'm my opinion I believe that it is still taking place).

This, you see, was an attempt on the part of the United States and the Soviet Union to conquer the last frontier—the human mind. And all of this has ties with what I uncovered about the development of the remote viewing programs: GRILL FLAME and STARGATE, which were operationally used and funded by the US Government for nearly three decades. Since this is a story and a complete book all on its own, I refer those of you interested to the primer: "Remote Viewers", The Real Story, by Jim Schabel.

Well, my point with all of this is that the proper use of psychedelics has been demonstrated to increase intelligence, depth-in-thought, and other mental and psychic functions in healthy individuals. In addition, the research conducted by Operation MK-ULTRA revealed that LSD and other psychedelic substances could also be successfully used to *alter* and *modify* an individual's *behavior*, and *recondition* it—as in brainwashing—for *any* purpose; I repeat, for *any* purpose desired. Indeed, by the use of these drugs a human being could be deconditioned from its previous mental programming, and be made to adopt a new set of beliefs. Moreover, these 'dangerous drugs' could be used by human

beings to *heal* their minds on a psychological level—as extensive research had demonstrated—using their own higher-selves as guides.

Given all of this, it doesn't take a genius to see that if this could in fact be accomplished—which the experiments by MK-ULTRA demonstrated *could*—then this would pose a very serious *threat* to the socio-political status quo of our country, as well as of other countries of the world. But don't you see that Government officials could not, and can not, *afford* to let good IRS-fearing, tax-paying, media-suggestionable, sheep-like (I'm sorry) American citizens have access to these substances, for they could be used to *disrupt* the 'system'!

Given these far-reaching implications, in 1963, the American Medical Association (AMA) and the Food and Drug Administration (FDA) suddenly started to denounce all previous studies on LSD and other mind-expanding substances; reporting to the public that psychedelics were detrimental to human health. As it turns out, these agencies *lied* by saying that these substances caused everything from chromosome damage to sexual deviation. Thus, the public began to see and hear more and more this type of *misinformation*; and, a couple of years later, Congress passed "The Drug Abuse Control Amendment", which virtually killed *all* psychedelic research.

After this, doctors and scientists had to get special permission from the FDA in order to have access to psychedelics. And, a short time later, it became completely illegal for psychiatrists and other medical professionals to obtain them. *However, the FDA issued a selective exemption to CIA researchers, and the MK-ULTRA experiments continued.* (Nice work by the federal government, uh?) On top of that, in 1986, those wonderful folks in Congress passed a bill called the Controlled Substance Analogue Enforcement Act, which in fact makes *every type* of psychedelic and hallucinogenic substance illegal *before* it is even invented! *Indeed, power (and in this case fear) corrupts the weak-minded.* Wake up.

I hope you begin to understand why governments of the world have such an issue about the intake of psychedelic substances. For these substances are 'dangerous' in the sense that it makes people to start self-reflecting and using their God-given minds! In fact, if the public at large learned how to properly use and in what context to experiment with these substances, the governmental system as we know it would come to an end! It would have to! Because we would finally begin to see that things have got to change, for they are detrimental to the spiritual development of human beings. Just take a look at how low we as a species have sunk regarding solidarity and empathy for fellow human beings.

Let me reiterate that I am not talking about narcotics. I am talking about *psychedelics*. It is very important that you understand the difference between the two. Psychedelics expand the mind; narcotics do not. Even though the FDA have put both of these types of drugs together in the same class, which even from a pharmacological standpoint makes no sense. However, this was a well-devised ploy to negatively program the minds of the general public against psy-

chedelics such as LSD, MDMA, mescaline, 2C-B, psilocybin, etc.

In fact, psychopharmacologist Alexander Shulgin, who *worked for the Food and Drug Administration for over twenty years, and was even given several awards for his service*, and who wrote “Controlled Substances: Chemical & Legal Guide to Federal Drug Laws”—which is used by police departments and other officials here in the US—also wrote two other books, along with his wife (another cutting-edge psychopharmacologist) on psychedelic substances. These two *highly recommended* books are “PiHKAL” and “TiHKAL”. (Both book titles are acronyms for “Phenethylamines I Have Known and Loved”, and “Tryptamines I Have Known and Loved”, respectively.) These two books depict not only *unbiased* information on the experiences that are the hallmark of these substances, but also what happened to the Shulgins when they exposed how they can be synthesized.

Indeed, as you can imagine, these two books caused a lot of controversy, which led to an uproar over at the FDA, and eventually led to Sulgin’s discharge from his position. But the Shulgins held their ground and spoke the *truth* about these substances. I encourage you two read these two books, especially “TiHKAL”, which depicts all the turmoil that these two courageous individuals were put through for speaking their minds about psychedelics. Again I say to you, if you want the *truth* about anything, you have to make it your business to find it.

Natural Psychedelics & Hallucinogens

Having given you some background information on psychedelics, I’ll now continue by describing some of their mental effects. I found some these ‘infamous’ substances on the black market. Others I purchased at the local drug store. For the most part, common side-effects that are experienced following their intake are dizziness, blurred vision, increased sensitivity in some or all the physical senses, loss of appetite, slight rashes, ringing in the ears, dry mouth, and flashbacks. These typically last about a day or so, and there is really no reason or cause for concern—as long as one uses them on an occasional basis.

One important thing I should mention is that I’ve also only experimented with hallucinogenic substances (ketamine, dimenhydrinate, dextromethorphan) which I have found through my own research to be generally safe, of no serious or long lasting side-effects, and which do not cause any internal damage of organs such as the liver, kidneys, etc. (Again, *only if used on an occasional basis*). However, no long-term studies have been done on any of these, so one is encouraged not to abuse any substance, including caffeine, salt, or sugar, for that matter; for even too much of a good or safe thing can be bad.

Psilocybin Mushrooms.—Also known as *Stropharia cubensis*, shrooms, and

magic mushrooms. A friend of mine told me about a publication that sometimes runs stories on hallucinogenic compounds, and which is sort of a consumer's guide to illegal substances. The name of this publication is "High Times", and can be purchased in almost any magazine stand or convenience store. Having purchased a copy and going through the articles, I came across a full-page ad selling spores and 'magic mushroom' kits. Under federal law, I have learned that the *spores* are not illegal in most states (always check with your local authorities).

Because of this, many individuals take advantage of this loophole in the law. This particular company sells kits that interested individuals can use in order to grow their own shrooms—assuring quality and purity, as well as minimum risk from the authorities. So this friend of mine ordered a kit—under a fake name and to a different address, just in case—plus a video on how to grow these hallucinogenic mushroom species.

The video turned out to be of invaluable help, for the process although relatively inexpensive, is highly involved. My friend spent no more than a couple of hundred dollars, and as a result I had access to an unlimited supply of magic mushrooms within only a couple of months.

I had read about this particular type of mushroom in many of Terence McKenna's and Carlos Castaneda's books, but nothing prepared me for the experiences that resulted from my experimentation with them. Especially when I combined them with other substances and with brain technology devices. The auditory phenomena associated with this particular plant teacher are similar to the one often produced by dimenhydrinate, and include crowds of people, jet-airplanes, heavenly-like symphonies, and even choirs.

I have to admit that much of the information in this book regarding the mechanics of consciousness and of the physical dimension in general, is the result of my experimentation with this particular psychedelic. In fact, I wrote most of this book while in a slight altered state of LSD, and psilocybin, and also dextromethorphan. LSD and psilocybin may also be used in small doses (about 2 grams for psilocybin and 100 mcg. for LSD) together with photo-sonic, neuroelectrical and *sexual organ stimulation*, in order to re-imprint one's subconscious mind with new thought patterns, behaviors, and even creative and psychic abilities. (This subject matter will be discussed at length in the near future on an upcoming publication, "Psychocyberdynamics". Check my website Zoe7.com)

Based on my research, I believe that psilocybin and LSD—as well as all other psychedelics—have their own morphic resonance, which has been established by the combined consciousness of every individual who has ever ingested them—past, present *and* future.

Now, in my experiments with psilocybin, I have encountered four 'levels' of experience. These are dependent on how many grams of dried shrooms I ingest at a time. The method for accomplishing this is quite simple and it is as follows. My friend harvests the psilocybes right after they have sprouted, and proceeds

to immediately put them in a food dehydrator until they are the consistency of soda crackers. He then continues by pulverizing them with a coffee grinder, weighs them, and puts them in baggies of three grams each. These bags are then stored in an airtight container. Finally, he stores this container in the freezer, so as to keep the potency of the shrooms for up to four months. (Similar tips as well as many shamanic recipes can be found in the book: "Psychedelic Shamanism", by Jim De Korne.)

I usually mix this psilocybin powder together with a glass of orange juice, and the psychedelic effects begin within forty-five minutes of ingestion; and any particular level is reached within another forty-five minutes (all together within ninety minutes of intake). One can expect to linger on any one of the reached levels for up to one and half to two hours. The entire experience lasts about six to eight hours (sometimes a little longer, depending on the metabolism of the individual). What follows is a simple chart that illustrates the amounts needed to reach any given level. (These, as well as all other amounts given for other substances, are for a typical 150-lb. individual.)

Level 1	Level 2	Level 3	Level 4
1 to 2 grams	3 to 5 grams	6 to 7 grams	8 grams +

Level 1: Sinuses feel as though they are unclogging themselves. One also experiences a bit of agitation. There are some psychedelic-like abstract visuals at this level. Oftentimes there is nausea and dizziness during the experiences. Penile erections and sexual desire are also common. I usually use this level only for conscious and subconscious imprinting of desired abilities and/or behavior modifications.

Level 2: Closed-eye visuals are definitively pronounced. One may experience tears in the eyes, but not sobbing. Oftentimes the visuals are more organic than geometrical or abstract in nature. The habitual thinking process is equally disrupted. This level's mental effects are equal to a medium dose (350 to 500 mcg.) of LSD. Unlike LSD however, the effects on one's senses are not edgy or accelerated. Instead, they are sort of blissful and dreamy, yet kind of 'up'. Many insights of a spiritual nature are common at this level.

Level 3: At this level one begins to experience the unimaginable. Reality, rationality, and 'normality' go out the window. Entering this level is like exploring a cosmic psychological funhouse. I have even visited cartoon-like environments at this level! Many tricks on one's perception and thought processing are experienced. Universal and cosmic insights are also common place at this level of intoxication. Internally, my head feels like it is exploding and having micro-seizures. Binaural frequencies intensify said feelings, as well as the visions.

Level 4: Weird. At this level I tend to lose my human identity, yet it seems that 'I' assume other identities, much like as if I was channeling. It usually takes me about two hours to get completely 'here', but when I do, it is like being 'at the edge of reality' and just one step away from the Void. At times I have channeled information from other levels of existence. I have also accessed this particular level by the use of high doses of ketamine and DXM. This level appears to be inhabited *not* by other beings (human or extraterrestrial), but rather by the 'concepts' of music, art, and even mathematics. What I mean is that at this level, abstractions such as the ones I just mentioned, have a certain sense of being and 'personality'. I know it sounds crazy, and believe me it is hard to explain, but I give an example of what I mean (as well as examples of my experiences with all other substances listed in this section) in the next chapter.

DMT.- The chemical name for this substance is N, N-Dimethyltryptamine, and it is a natural substance found in many tropical climate plants. As mentioned before, it is also found in small amounts in the human brain as a neurotransmitter, where it is produced by the pineal gland. DMT is also produced synthetically. It is important to mention that this substance is *not orally active*, so it must be smoked or snorted. The shamans of Amazonian regions use a combination of various DMT containing plants and mix it with harmala alkaloids, so that DMT may become orally active through MAO inhibition. This is the brew they call ayahuasca.

Although I have heard about enterprising urban shamans who prepare this brew for curious and daring psychonauts, I have never found them where I live. Therefore, I have not had the chance to experiment with it. The only form of DMT I have tried is the synthetic kind. Smoking synthetic DMT produced an altered state much more intense than LSD or psilocybin. Once inhaled, one sees the results within *seconds* and they are like a super mega-dose of LSD.

The dimensions accessed by this hallucinogen are not only bizarre, but also very brief and extremely difficult to bring back. They range from fairy-tale-like enchanted lands, to futuristic alien landscapes, to psychological realms inhabited by unnamable non-human 'essence-things'. Believe me, it is hard at best to explain some of the things I have encountered in these DMT dimensions.

An interesting aspect of this substance is that unlike the other substances I have experimented with, this hallucinogen leaves one's ego completely intact, so that one's human *personality* can consciously explore these psychological landscapes. But since one's human personality is not used to these realms, it is very difficult for one to find a way to associate or relate them to anything. In fact, the two times I have experimented with DMT, I have felt as though my conscious mind lacked the necessary 'software' to operate the DMT 'program' of 'reality' that is accessed by its intake.

The two major drawbacks with this substance are that it is extremely rare

(I've come across it only once), and that it must be smoked (I personally don't like to smoke, and smoking DMT is kind of tricky, plus the smoke in and of itself is very hard on the lungs. To me it tastes like badly burned glass).

Also, if one doesn't get enough of the smoke in the lungs within twenty seconds or so, then the experience will be more *psychedelic* than hallucinogenic/visionary. (Those interested in experimenting with this substance are encouraged to visit websites that discuss methods and techniques by which to smoke DMT.)

In my experience, this substance is very hard to control. It is like going from 0 to 1,000 mph in a matter of seconds! Therefore, I would not recommend it for neophytes. As of the date I am writing this (early 1999), I have never combined brain technology with this substance (because of its scarcity) during an exploration. I have found only two levels of effects with DMT and these are

Level 1	Level 2
about 25 mg. to 50 mg.	about 65 mg. to 75 mg.

Level 1: I mainly experienced LSD-like visuals at this level. However, my senses along with my being seemed to explode into cosmic proportions. I can best describe the intake of DMT as two thermo-nuclear blasts going off simultaneously; one right in front of me, and another inside my head. I have felt nothing but total shock, horror, fear, and chaos with this substance. In addition, my heart felt as if it was about to pop out of my chest. The experience was truly terrifying and had a 'too muchness' to it. I recall seeing a land inhabited by cartoon-like characters, but my memory about this psychedelic voyage is almost completely gone.

Level 2: Again, chaos and thermo-nuclear blasts. Although after the explosion I didn't just see the simple psychedelic visuals as in level 1. Instead, I was actually ripped out of my body and even roughed up by what my consciousness could only interpret as ancient non-human invisible entities. But thank God that I have almost no memory of said incident. For these entities did everything in their power to terrorize me. This substance is just too powerful for me to fully appreciate. Therefore I wouldn't recommend it for inexperienced psychonauts.

Salvia divinorum.- This is perhaps the *best* natural hallucinogen/dissociative that exists. Not only for its varied effects, but also because at this time it is not a Scheduled substance. (Always check with your local state and federal laws.) It can be purchased in almost any specialty nursery and even over the Internet. This plant teacher best bestows its knowledge and insights in total darkness and silence. Therefore, I usually enter into a relaxed state of mind with or without

brain technology *before* ingesting the salvia (although interesting effects are achieved using binaural frequencies during a salvia journey).

At high doses, salvia resembles the *combined* mental effects of ketamine, dextromethorphan, psilocybin *and* DMT! What I mean by this is that it leaves the mind highly active and lucid, while it puts the body to sleep. It also apparently engages episodes of REM sleep while one's consciousness is awake. This happens within only a few minutes of smoking (in a water pipe) a dried leaf of salvia X5. Or, about thirty minutes after using a newly developed tincture.

Note that X5 leaves are to be *only* smoked and *not* used sublingually. Also, the smoke must be inhaled very fast, and must be held deep inside the lungs as long as possible (about thirty seconds). These hits must be preferably in succession, with only a couple of seconds in between each one of them.

For the sublingual method—which is my favorite—a newly developed extract developed by Daniel Siebert (his website address is salvia.lycaecum.org) is held under the tongue for about fifteen minutes. (Although this method of ingestion is *not* a pleasant experience, for the tincture stings *quite* strongly.) One must also fight the urge to swallow for fifteen minutes, so that the salvinorin A (the active principle of salvia divinorum) can be absorbed into one's blood stream. These effects last between thirty minutes to about three hours.

Smoking will produce faster yet least-lasting effects, as opposed to sublingual. Much like with DXM and ketamine, there are various levels of mental effects associated with salvia divinorum and these are:

<Sublingual Method Using Daniel Siebert's Extract>

Level 1	Level 2	Level 3	Level 4	Level 5
75-150 ml.	150-225 ml.	300 ml.	375-450 ml.	525-600 ml.

<Smoked X5 Leaves>

Level 1	Level 2	Level 3	Level 4	Level 5
1-2 small hits	3-4 small hits	2-3 small hits	3-4 medium hits	3-4 large hits

Level 1: Mental effects are very much like those of cannabis. Increased appearance of depth and width when appreciating or observing objects can be expected. Music is likewise enhanced.

Level 2: The effects most noticed and predominant at this level are: a) short-term memory begins to go; and, b) thinking process suddenly goes around in 'loops'. At this level of intoxication the thought process begins to definitively undergo a delusional yet playful transformation. What I mean by this is that one may find oneself in the act of forming thoughts without actually consciously trying to do so. In that sense one's mind will begin to manifest itself in

the form of varied imagery. (This level and substance are excellent for hypnagogic imagery. Although one's mental faculties such as focus and intent are *not* as strong as they are when using small amounts of LSD together with hypnagogic training. See the LSD section.)

Level 3: Closed-eye visuals begin at this level. These are not unlike those produced by a photo-sonic stimulator. This is an excellent level to experiment with various types of brain technology devices. (Again, these must be used *prior* to the intake of this substance) I have had many memorable insights about the nature of existence at this level.

Level 4: This is the level where I have experienced lucid dreaming, and have also encountered and communicated with disembodied spirits. However, I wouldn't recommend it for neophyte psychonauts. Because some of these experiences can be rather psychologically and emotionally disturbing.

Level 5: The Void. Not for the weak-hearted. At this level of intoxication salvia most resembles sub-anesthetic dosages of ketamine and large dosages of dextromethorphan. Level 5 experiences have, and continue to be, terrifying. Apparently, this dosage transports the user beyond reality, and even existence itself... This 'place' is very much like the one accessed by eight grams or more of psilocybin (level 4). The 'atmosphere' of this place feels extremely alien and primal by our human/psychological/emotional standards; all of this being very difficult to put into words. The only way I can explain this, is that at this level, one seems to experience and even understand the illusion of the physical dimension from the 'inward-outside'. In other words, one begins to awaken to the realization that physical reality, including space-time, is only an illusion of the human mind. In fact, one may even begin to understand that oneself is an illusion, which exists only as a thought within a thought, within a thought, within a thought... until infinity. Yet one comes to the realization that 'infinity', as such, is only a *finite* thought-construct within the human mind; and also as such, 'infinity' is something *beyond* what the *human* mind can comprehend or even *experience*... Sorry, but that's the only why I can describe this state. I have also had the realization at this level of salvia intoxication that every experience in my life is *still* happening, and can therefore be accessed in order to change past events...! Given all of this, I believe that what is accessed at this level is the webwork behind the system of probabilities. In other words, I can actually go into the past and change it. But by doing so, another part of me (a QPSYEMP) is created, and thus a probable reality *bousing the new event-sequence* is instantly created. As you can see, this level is so psychologically bizarre, that if I would experience it more than twice a year, or if a neophyte psychonaut was to accidentally experiment with it, I believe it would result in a psychological disaster. Therefore, only the more experienced psychonaut should approach it.

Synthetic Psychedelics & Hallucinogens

LSD.— Also known as ‘acid’. I very much enjoy this substance for its truly psychedelic and ‘cerebral’ qualities, as well as for its ability—in a high enough dosage—to open up repressed areas of the psyche. LSD usually comes in tiny pieces of cardboard, blotter papers with colorful graphics on them, and even gel tabs. The usual stuff I have experimented with comes in blotter paper; and each tiny tab is about half the size of a pinkie’s fingernail. There is no way of really knowing how many micrograms one is ingesting. However, I have read that the usual street dose can vary anywhere between 50 to 100 micrograms per tab. With this substance I have had some truly remarkable experiences. A couple of them are detailed later on chapter 5.

Note that the body builds a tolerance with this particular substance (also with most of the other psychedelics, but not *hallucinogens*) lasting up to three days. In other words, if you take the same amount of LSD within three days of the initial intake, it will not have the same psychic effects one has achieved with the initial dosage. Since we are now talking about the effects of LSD, I will take this opportunity to present you with the breakthrough regarding RV, hypnagogic imagery, and OBE’s I had mentioned in chapter 2.

In order to accomplish this specialized state of psychic functioning one must keep in mind that before engaging in a hypnagogic imagery session one has to be *sleepy*, because LSD has a very ‘up’ quality to it. Therefore, the right *low* dosage must be used, which in turn the brain will then adequately mix together with the tryptamines that are released during this state of relaxed wakefulness and coming of light sleep. In my experiments, I have found that eating a small carbohydrate-rich meal in the *afternoon* will significantly induce enough sleepiness (grogginess) for me to want to take a catnap. This is an optimal time for both the intake of a *low dose* of LSD (roughly about thirty micrograms or 1/3 of a tab of the blotter paper type) and engaging in hypnagogic imagery.

Again, the right dose of *LSD* and state of *grogginess/sleepiness* will have to be experimented with, but once achieved, the hypnagogic imagery session will—within forty-five minutes, and provided you fall into a state of light sleep—give way to a *full-blown OBE exactly as the extended remote viewing experiences depicted in Morehouse’s book*. This type of neurochemical combination (a small dose of LSD and one’s own grogginess) and *time of day* (the afternoon hours), apparently keeps one focused to *this* PDFD and does not give way to the realm of probabilities. Thereby making it an accurate tool for psychological time travel (PSP). I hope you can comprehend the significance of the discovery I have made.

In fact, this one discovery alone is worth more than the price of all the devices, substances, and books I have bought and studied, plus the hundred of hours of my research, combined. As it turns out, LSD—in *mild* doses—was the element missing in the RV model I constructed and shared with you previously—not ketamine, dextromethorphan, or any of the other psychedelic and hal-

lucinogenic substances I have experimented with. For your convenience, I have taken the liberty of posting again in this section the now complete model of all the elements necessary and/or involved in psychological time travel (in our system of reality and *not* in a probable one):

- a) Manipulation of biological functions = Biofeedback/physiological relaxation
- b) Manipulation of brainwaves = Neurofeedback/mental relaxation
- c) State of light sleep, yet conscious = **Hypnagogia** and/or Lucid dreaming
- d) Hallucinogen-like altered state of consciousness = **LSD** (*m i / d* dose)
- e) Floating above target and seeing it = Out-of-body experience
- f) Ability to probe the mind of human targets = ESP/Telepathy/psychodynamic integration

Through my experiments I have also discovered that lucid dreaming can likewise be greatly enhanced if one takes a mild dose (just a little bit more than the amount used for RV/OBE) right before going to bed for the *night*. For if you take more, what will happen is that you will fall into a deep theta near delta state of mind, but as soon as you begin to detach from the physical body's consciousness (hearing the wind-like/buzzing/jet-engine-like sound), you will most likely snap out of it and awaken from the required state of light sleep. Therefore, it is a *must* to only use a *mild* dose. Apparently, LSD increases one's perception to subconscious processes—OBE's being just one of the many.

One should expect to feel the effects within one hour of ingestion during the afternoon catnap. I have also used this method in combination with the Dreamlight or Super Nova Dreamer set up to give a sound and light cue flash rate anywhere between 10 and 12 cycles per second (which is the frequency rate of the high-alpha brainwave state), with both the volume and brightness set to about fifty percent, and the cue length set to go on for about ninety seconds, with outstanding results. The effects are... well, out of this world...

I have found three levels that can be access with LSD, but they are pretty much all the same, except for the *intensity* that different dosages elicit in the user's psyche. Because of this, I prefer to *combine* this substance with other mind/body techniques, substances (for a partial list of substance combinations see the next chapter), and brain technology devices. The main factor and experience associated with this particular substance then, is the *magnification* of one's *psychic* and *mental* abilities, as well as of one's *intention*. In that regard, set, setting, and intent play a very important role with LSD—more so than with other psychedelics.

MDMA.— Also known as Ecstasy, 'X', or 'E'. It comes in capsules or pills containing about 1/3 of a gram. I have to admit that although this substance is not a hallucinogen—which are mostly my substances of choice for hyperspatial

exploration—it is my favorite *psychedelic*. This is due to the fact that I have always had an awesomely spiritual, loving, insightful, and divine experience with MDMA. Especially when I combine it with dual-binaural beats (Photosonix PRO is my device of choice to use together with this substance) in the alpha/theta range or with hemi-sync tapes. Moreover, this substance is an excellent entry-level psychedelic for neophyte consciousness explorers. Music is also greatly enhanced, much like with LSD.

I should point out here that the psychic effects of MDMA and LSD are manifested by making the brain release abundant amounts of serotonin. Although in my experiments I have found MDMA to be a *weak* candidate for OBE induction. I theorize that this is the case because this substance opens a different 'door' within one's psyche than LSD does. The full-on effects of MDMA usually last about an hour and a half, and the overall experience lasts about four hours total. A very important point I'd like to make regarding this substance is that studies have shown that it is neurotoxic when *abused*, i.e., taken in *multiple* heavy doses, or when taken *over a long period of time*. Beware. Judicious use then being key with *all* drugs—psychedelic or not.

By using MDMA one is apt to feel and even begin to understand the unity and equality of all human beings and creatures. It also imparts a sense of understanding about the nature of reality in those who are ready. Let me add that I cannot comprehend the stupidity of the federal authorities in making MDMA illegal, and stating that it is of no medical value to man. Yet, they keep other substances, such as booze and cigarettes, legal. I'm sorry for repeating myself, but this stuff just burns me up. Apparently, a small yet powerful group of individuals within our government prefers that we continue in state of ignorance and hatred towards each other.

I mean take the presidential campaigns for example. Presidential and governmental candidates—who should set an example for the rest of us—bad-mouth each other instead; in order to gather votes from the public. But the scary thing is that we have gotten used to these practices and vote for them! If that isn't idiotic, childish, and pitiful then tell me what is. But that's how low we as a society have sunk. It's as though we're at war with each other. Just take a look at the school massacres in the past few months. But all this is the result of ignorance, and also of refusing to acknowledge our spiritual unity.

Moreover, if substances such as MDMA—when combined with professional psychotherapeutic counseling—can enlighten us and even awaken us to this realization, then efforts should be made towards more scientific research and even the *legalization* of it! I mean seriously, if FDA-approved psychotropic drugs such as Wellbutrin®, Prozac™, Valium™, and Zoloft® can be prescribed by psychiatrists, then why can't consciousness/love/goodwill-enhancing substances be? I mean, hey, psychiatrists are now even prescribing psychotropic drugs such as Ritalin® to children! I wish that governments of the world would stop lying about the benefits of psychedelics in the development of the human

soul. The current socio-political status quo has gotten way out of hand. Enough with the violence, wars, hatred, *lies* and *deception*.

Anyway, I have found that this one substance, which according to federal authorities is of 'no medical value to man' and 'extremely dangerous' to the public, has only one level; and what is encountered at said level are the following: unconditional love, goodwill, empathy and solidarity...

Ketamine.— Also known as 'K', 'special K', 'vitamin K', and 'kit-kat'. This substance is a synthetic dissociative similar to PCP and is manufactured by Parke Davis pharmaceuticals, and marketed as Ketalar® Ketaset®, etc. It is 'dissociative' in action for when taken the mind is separated from the body. Ketamine has been found to be a safe anesthetic—with rapid onset and minimum recovery time, along with a wide margin of safety. In fact, it was used as such extensively during the Vietnam War. One interesting fact I'd like to mention is that this substance, along with DXM—in high enough doses—and even PCP, were at first thought to work on the sigma receptor of the brain, which is thought to be involved in schizophrenia. (Sigma activity has been associated with drug-induced psychosis.)

However, it has been recently discovered that the major binding site for ketamine—as well as for other *hallucinogens*—in the brain may be the same that other endogenous neurochemicals, such as alpha-endopsychosin, bind to. For these receptors—NMDA, PCP2, and glutamate—are also thought to play an important role in what psychiatry refers to as epilepsy and psychosis. Therefore they are believed to accept the ketamine, PCP, and DXM molecules. Alpha-endopsychosin—an endogenous neurochemical—is said to be secreted at moments of extreme stress and/or spiritual ecstasy. Because of this, many researchers feel that it may explain OBE's, astral-projections, NDE's, alien-world experiences, etc. Of noted interest is the fascinating research being conducted (outside of the United States) by Karl L.R. Jensen, M.D., which suggests that NDE's (near-death experiences) and OBE's can be *clinically reproduced* using low amounts of ketamine. Because of all these factors, including my personal experiences, I feel that ketamine is truly a shamanic voyaging substance.

Since this substance enters the blood stream instantaneously when injected (I usually inject ketamine into either of my upper thighs) one needs to lie down immediately. There is always a deep burning sensation as one injects the ketamine, followed by painful soreness and even bruising for a few days afterwards.

What follows is a table that indicates the amounts needed in order to achieve different mental effects. These are given in milligrams and are to be injected *intramuscularly*. (Although I'm suggesting you don't, of course.)

Level 1	Level 2	Level 3	Level 4
40 to 50 mg	60 to 75 mg	90 mg. to 130 mg.	140 mg. to 180 mg.

Level 1: Effects begin to appear very rapid—usually within two minutes of injection. There is a marked dizziness and a feeling of ‘detachment’ from reality. Motor coordination also begins to become somewhat disrupted. I haven’t noted any visuals at this dosage, just the feeling of being slightly drugged. The effects are not unlike a level 1 dose of DXM.

Level 2: Closed-eye visuals begin to appear. A heavily drugged and intoxicated feeling is definitely noticed. All muscles become numb and eventually go to sleep. At this level visuals begin to resemble motion-pictures. However, I have noticed that I cannot enter into these pictures as I do when I have injected a heavier dosage; or have used LSD in the manner previously described. At this level I also feel as though a supernatural deity is observing me. I have learned that this deity is my Overmind. Apparently, the use of certain pharmacological substances increases one’s conscious mind awareness to ‘its’ existence.

Level 3: My thinking process undergoes bizarre changes at this level. This is where the ‘maddening’ but ‘fun’ experiences begin. At this level, I have entered into the mental- or motion-picture constructions that are observable at level 2 intoxication. Also at this level, I have encountered what I can only describe as tiny pinpoints of intelligent light. As it turns out, these tiny lights (QSYEMPS) are other portions of my Overmind, which are in charge of my psycho-spiritual development. They have shown me how creation is manifested, and how language and thoughts are formed. According to what I have been shown, the fabric of the physical space-time dimension was created, and is maintained, by a species of hyperdimensional entities (Overminds). Apparently, they are like gods who control the formation of atoms, electrons, and other subatomic particles, as well as of space-time as we know it. I have also come to learn that some—but not all—of these god-like entities have never been human, and can care less about human beings—in the human-emotional sense. They experience three-dimensional reality—which exists in their imagination...!—through us, and find the human state of consciousness very amusing and entertaining... On the next chapter I will expand on some of my explorations under the influence of this magnificent substance together with brain technology devices.

Level 4: The Void. In one experience I believe that I almost completely severed my connection with physical reality and mental sanity. In fact, I believed that I had died, and clearly saw family and friends looking at me from above—as if I was inside a casket. Then, within a few moments, I found myself inside a womb, and later came to experience physical birth; but not into a human form, rather, into that of a reptile! In another experience, I merged my consciousness with one of Universal Intelligence’s ‘programs’ on ‘existence’ and came to the revelation that I had never existed as what I think I exist as. Instead, I exist and have always existed as ‘someone’ else’s thought and memory...

I also came to the realization that this system of reality is one giant hologram-like construct that exists as sort of a cosmic entertainment and interactive game, inside Universal Intelligence's imagination... Indeed, the experiences of ketamine at level 4 are quite bizarre. I should mention that oftentimes at the height of a ketamine-induced experience, memory is almost completely eradicated—returning in sporadic bursts. And, because of this, the sense of ever having been human completely disappears. In other instances, as I'm coming down from the effects of this upper-level dose of ketamine, I have felt as other than myself, and have therefore began having deranged, twisted, and even murderous thoughts. But more in a 'primal' sense, not in a hateful or vengeful one. I have also thought of taking my own life, for I have felt immortal. Luckily, my prior experiences helped me realize that this was only momentary and therefore I rode it out. I must confess that after some of these level 4 trips, I swore-off all my consciousness explorations with this substance. Indeed, words cannot describe the emotional upset I have suffered from it. Not only that, but the aftereffects included delusional, psychotic, paranoid, delirious and schizophrenic-like episodes; accompanied by extreme nausea, vomiting, headaches, and depression, and also terrifying nightmares for a few days. (One of these experiences is detailed in the next chapter.)

DXM.— Dextromethorphan HBr is the active ingredient found in non-prescription, off-the-shelf cough suppressants. This chemical has been used as a psychedelic/hallucinogen for about 30 years without much publicity or harm. DXM is chemically related to opiates, but its effects are very similar to those of level 4 ketamine and PCP. At level 4 of intoxication, this substance alters and breaks down the habitual and linear-thought construction process; leading to psychosis-like and schizophrenia-like mental states. Again, DXM's effects vary with the dosage and the user's body weight. *One very important safety factor that must be noted is that many cough medicines contain other ingredients, such as **corricidin** and **acetaminophen**, which can cause adverse and even fatal reactions, including death!*

For that reason, individuals wishing to experiment with this substance—or any other psychedelic substance, for that matter—must do research on it. Keep in mind that all the sugar in the cough syrup may be hard on the liver, kidneys, and pancreas. So if one happens to be diabetic, then this substance should definitely be abstained from for psychonautical purposes. I found a lot of useful information on this substance and others on the World Wide Web. I suggest to curious individuals that they do the same, if interested. A website that is entirely devoted to DXM, is **frognets.net/dxm/**. You may also visit my website.

The commercial over-the-counter product I have experimented with is Robitussin® *Maximum Strength* cough syrup. As mentioned before, other Robitussin cough medicines such as *Cold and Cough*, DM, SE, DE, etc. all contain added

ingredients that are *extremely dangerous* and even *fatal!* Therefore, the would-be 'dextronaut' interested in using this substance (although I am suggesting you don't) needs to read the labels and use a cough remedy that contains *only* dextromethorphan hydrobromide in its *active ingredients*. Keep in mind what I have said about high dosages of DXM acting as ketamine and even PCP!

Indeed, one is apt to encounter experiences at high dosages of this substance that one didn't expect. While this may be okay with the more experienced psychonaut, casual users or first-timers should avoid it.

For the most part, DXM tends to also offer experiences in stages or levels (1-4) which are determined by the individual's weight, and how much he/she has ingested. (DXM also elicits heavy production of theta brainwaves.)

In order to ingest DXM containing cough syrup, I usually combine all of the bottles in one large drink container. Then, I drink an 8-oz. glass of water prior to the cough syrup ingestion. After I ingest the water, I take a deep breath through my mouth, cover my nose by pressing my nostrils together with my index finger and thumb, close my eyes, exhale half of the air out, and immediately gulp the entire quantity of syrup down at a *slow yet steady* pace. Note that I carefully keep my nostrils closed, and gargle with plain water three or more times, afterwards. Following this, I gargle again with a soft drink a couple of times, so as to get rid of the nasty cough syrup taste as much as possible. Finally, I begin to *slowly* breathe through my *mouth* and not my nostrils. Otherwise, I will vomit. For the taste of the syrup is truly disgusting. After a few seconds of breathing in this manner, I resume normal breathing. However, I will still vomit all of the cough syrup in my stomach after an upper-level trip.

In that regard, the intake of this substance is definitively not an enjoyable experience. But such are the trials and tribulations of a psychonaut explorer. I have tried to purchase DXM in pure concentrated powder form from a couple pharmaceutical companies, but I have not been successful. (Although it is sometimes available on the street in powder form.) However, if DXM HBr powder is used one must be *extremely* careful and use a reliable scale and weigh the powder in *milligrams*, so as to get the correct amount needed to achieve a desired level of psychic effects according to one's body weight. Otherwise, if too much is taken, one risks *brain damage*. Beware.

The effects of dextromethorphan begin within forty-five minutes to an hour, reaching a particular dosage-dependent level within two hours. One can expect to remain at this level for up three extra hours, with the effects beginning to dissipate in the next hour or so. The entire trip lasts a total of approximately six to eight hours. Note that the dosages that follow are for Robitussin *Maximum Strength* cough syrup, which contains **5 ml. per teaspoonful**.

In the prologue of this book, I mentioned that I had ingested 1,300 mg. of DXM, which translates to approximately two 8-oz. bottles of Robitussin cough syrup. For more detailed information on DXM dosages in gel caps or powder form you *must* visit the websites mentioned before. If you don't have a com-

puter you may find one at a library or you may use a friend's. *However, I suggest you refrain from experimenting with this or any of the other psychedelic and hallucinogenic substances mentioned previously. The information presented here is for educational purposes only.* This goes *triple* if you simply happen to be seeking a quick high, or you are looking for something 'fun' to do. Again, these pharmacological agents are not toys, and are dangerous if not used properly.

An interesting and rather peculiar thing I noticed while watching the blockbuster movie: "The Sixth Sense", starring Bruce Willis, is that the writer and director, M. Night Shyamalan, included in the movie a short television commercial from the early seventies, I believe, for a *cough suppressant* (currently, dextromethorphan is the only known cough suppressant available) Now, I have no way of knowing whether that rather odd addition to the movie was on purpose or not, but from my experiences with dextromethorphan I can attest that this particular substance sometimes has the ability to engage one's psychic senses or 'sixth sense'; and therefore elicit the perception of 'hallucinations'. Now, was this 'addition' to the movie a coincidence? Or, was it on purpose? (More about how the brain perceives 'real reality' versus 'hallucinatory reality' in the section that follows, which deals with dimenhydrinate.)

Another interesting thing I noticed in said movie is that Shyamalan himself makes a brief cameo appearance as a doctor (a psychiatrist, I believe). The reason I am pointing that out is because it is only as consequence of my research and experiments—which in a way are 'scientific' in nature—that I noticed said peculiarities in the film. I wonder if Shyamalan knows—like I do—about the paranormal effects that dextromethorphan elicits on the user...?

The following table shows the different levels reached using specific amounts (for a 150 lb.* Individual) of the already mentioned cough syrup:

Level 1	Level 2	Level 3	Level 4
1 oz. to 2 oz.	2 oz. to 5.5 oz.	5.5 oz. to 11 oz.	11oz. to 16 oz.

(Do not exceed 18 oz.!)

*(Adjust per 25 lbs. of extra body weight)

1 tsp. to 2 tsp.	2 tsp. to 1 oz.	2 <i>tbsp.</i> to 2oz.	2 oz.
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Level 1: One tends to feel slightly intoxicated. At this level music is psycho-acoustically enhanced and therefore it is very enjoyable. The sense of balance and movement are also playfully distorted. Good for neophyte psychonauts.

Level 2: The mental effects at this level are not unlike being high on marijuana or intoxicated with alcohol. Sound appears to be heavily modulated. Short-term memory is somewhat disrupted, and one may easily forget the train of thoughts being carried at a time. Although hallucinations are very rare at this level, they do occur for some. (Itching of the scalp and body are common with DXM.)

Level 3: At this level the overall sensation in the body is one of a slow, yet steady creeping numbness. Closed-eyed and sometimes open-eyed hallucinations begin to appear, although this is very rare. The overall thinking process is disrupted from its normal daily routine. In many instances, while I have been at this level of DXM intoxication, I have been unpleasantly disturbed by discarnate entities. However, once I remembered that I was in control of the experience, I could command them to leave me alone. Based on my experiences I feel that only experienced psychonauts and dextronauts should experiment with this level and the next one. (This goes *triple* for another level—the **U-Dead Zone**—which is vastly different than the four levels I'm describing here. I'll discuss it in a bit.) In that regard, I prefer to use levels 3 and 4 only, because they are more introspective and have a 'shamanic feel' to them. Levels 1 and 2 are, in a way, of a more 'recreational' nature. This is even more so when combined with music and/or brain technology. However, levels 1 and 2 offer me nothing in the spiritual/experiential sense.

Level 4: The Void. This is the stage that most resembles a sub-surgical dose of ketamine. At this level of DXM intoxication, the mind is completely dissociated from the body, and the result is OBE's, NDE's, and even psychoportation/psychodynamic integration episodes. Some of the places that one is apt to visit at this level are truly fantastical. But details of what one experiences are almost always forgotten. However, I have gotten around this problem by combining special neuro-visual and neuro-linguistic exercises (explained on chapter 6) along with neuroelectrical stimulation. As mentioned before, based on my experiences I have come to find that the major drawback with using hallucinogens, such as this one and ketamine in order to induce altered states of consciousness, is that one's overall thinking process although lucid, will oftentimes become abnormal, sub-human, alien-like, and even deranged and psychotic. Beware. For this reason, if individuals wish to attain psychonautical states and the like by using pharmacological substances, then they must first prepare themselves mentally, intellectually, psychologically, and emotionally so as to ground themselves in the 'human consciousness experience', and properly focus their *thoughts, emotions, and voyaging skills*. In fact, I feel that these upper-levels are psychologically dangerous for inexperienced psychonauts, and therefore should definitely be avoided. However, if one has the spiritual and psychological stamina to venture this far into hyperspace, then at least they should have an *experienced sitter* with them. Again, and I emphasize: *psychotic breaks and schizophrenia are common with this substance at this level (as well as with ketamine at levels 3 and 4)*. **Beware.** In the case of these two particular hallucinogenic substances, under no circumstance should one go higher than this level (4), for the only things that can be expected to be encountered are coma, and then death.

U-Dead Zone.- There is also another level of reality that can be reached,

which I call the U-Dead Zone. It is vastly different than the previously mentioned levels, for here lifelike hallucinations are encountered with the *eyes open*. I call it the U-Dead Zone because what is encountered here is the same that can be expected if one was to die and become an earthbound spirit. *Clear perception* and even *communication* with thoughtforms, discarnate entities, and alien beings are common place at this layer of reality. The way I access it is by ingesting small 'booster' doses in specific *amounts* and at *specific intervals* (depending on one's body weight). To access it I do the following: After a good night's sleep, early in the morning (for this method of ingestion will produce an immense amount of sleepiness), I take a *low* level 2 dose. Exactly three hours later, I take a *medium* level 2 dose. I wait another three hours and I then take a final *low* level 3 dose. Following this last dose, and within one hour, I enter the U-Dead Zone. Another interesting characteristic of this level is that one will begin to understand not only the death 'experience', but oftentimes one will believe that one has indeed departed from physical reality by dying, and one's entire life in the physical dimension will seem like a dream. Psychologically this realm and state of being is something utterly bizarre. In fact, after I come back from this altered state I get the sense that I have seen and felt things that "I am not supposed to". In many ways it feels as though I've watched *psychic* and *psychological pornography*...! (Like I said, this type of altered state is really weird.) I also get the sense that this layer of reality is not intended to be accessed and explored by the average "Joe" on the street. Let me point out that ingesting DXM in this manner is very hard on the brain and it is dangerous. Therefore, I only access this realm no more than twice a year—if that. Those curious about this level as well as the other levels of DXM may visit the highly recommended website frognet.net/dxm and look under "Plateau Sigma" for more details.)

Dimenhydrinate, Diphenhydramine, Cyclezine.- These substances are mostly used in order to alleviate allergies, motion sickness, and induce sleep. The brand most often used by psychonauts is Dramamine® *Original Formula*. The other substances (or formulas, such as non-drowsy) don't work as well. When taken in normal doses these substances do exactly what they are intended to do. However, in higher than normal doses (anywhere between 4 and 30 pills of dimenhydrinate, for this example), this pharmaceutical puts the brain to sleep (for it elicits the production of low-delta brainwaves), yet keeps both the mind and the body awake. Basically, they leave one in a dream-like state while still remaining awake. In that sense one starts *dreaming while still awake*.

The psychoactive effects of dimenhydrinate last between 2 to 5 hours. The trick to seeing three-dimensional-like objects, and even people, is to remain awake and not falling asleep. For this substance will induce *a tremendous amount of sleepiness*. One must therefore fight the urge to fall asleep. In a sense, the psychic and visual effects are somewhat similar to DXM's U-Dead Zone, but not

really. The main difference being that one does not enter the earthbound spirit world, but rather the world of dreams. Now, since I found the visual effects of this particular substance truly amazing—seeing lifelike ‘hallucinations’ much like the one’s seen in nighttime dreams and OBE’s but while remaining awake in the daytime—I went and did some research on how the human brain perceives and cognizes (sees) ‘real’ three-dimensional reality.

As consequence of this research, I found that there are multiple areas in the human brain specifically designated for processing (seeing) images. I learned that an object—*any* thing, person, etc.—elicits a particular kind of neuronal pattern activity unique to each object, in which neurons fire in a particular rate and frequency, thereby indicating what the object-image is to the conscious mind.

For example, when you look at a car, a tree, a person, etc. a corresponding pattern of neuronal activity, which *symbolizes* or *represents* each of those visual objects to *your* conscious mind, is evoked; thereby notifying other brain centers and you of what it is that is being perceived. In that regard, this is how our sense of sight *constructs* what we see.

However, what I found most compelling about this process is that when our sense of sight perceives say a moving object, like a car (we’ll call this an ‘input’), all that the retina perceives is a series of dots moving together. The car does not yet exist! (At least not in objective terms, but rather subjective.) This data (the moving dots) is then relayed to the brain centers which deal with *depth* and *motion*, and which in turn relay this information to other brain centers responsible for detecting *shape* and *color*. Then, all of this information is combined together with everything we have ever *learned* about cars—which is stored in our memory banks—and, consequently, all of this sensory data is *then* constructed into a model (we’ll call this an ‘output’) which we finally come to perceive and ‘see’ as a car (objective reality)!

In the case of imagined constructions however, I theorize that since there is no input from the retina, the input *originates* from the *subconscious mind*, instead; and *then* travels the previously given process *backwards*, all the way back to the primary visual cortex, leading to the perception of an output. Which means that this output (object, person, or event) then spawns from the subjective realm of the subconscious region of the mind... Yet it is both seen and experienced as objective reality! In this case—and in my opinion—the subconscious mind, the dreamstate, and the hallucinatory states produced by hallucinogenic substances, act as a gateways to alternate realities, which exist ‘adjacent’ to this one.

Another interesting piece of information I came across in this particular phase of my research is that people who suffer from what is known as Charles Bonnet syndrome—a neurological disorder—see fully formed three-dimensional hallucinatory images. This leads me to believe that the human brain has the innate ability to perceive (see) ‘hallucinations’. However, since these alternate images are both thought of and *taught* to be nothing more

than mere hallucinatory constructions, they are disregarded by the conscious mind.

Now, getting back to the particular substance we are discussing, I have taken up to 30 pills (50 mg. each, that's 1,500 mg.) of diamenhydrinate in my experiments. *Although I will probably never experiment with it again, for it has a nasty effect on one's short-term memory* (more about this in a moment). There were no other heavy aftereffects after the experiences elicited by it, other than sleepiness and slight stomach disturbances. However, I did notice that my vision would at times unfocus from what I was looking at or reading. And, because of this, I could see little swirls of flashing lights, and felt as though I was not completely 'grounded' in physical reality. I also experienced auditory flashbacks.

These aftereffects—except for the short-term memory ones—usually lasted about one day. I also noticed that my hearing remained highly sensitive the day after my experiments. This was not uncomfortable, but it did make me notice things that I would otherwise not pay attention to. For example, I heard the wind move the branches of a tree that's outside my apartment! In addition, one's overall sense of being becomes highly mindful and sensitive even after the effects wear off. Moreover, focus and concentration appear to increase for at least a few hours after the initial effects begin to dissipate.

The serious problem I have with this particular substance is that my short-term memory is almost completely eradicated during and after my experiments at levels 3 and 4, *sometimes for as long as three months!* And this effect is even more pronounced than with the other *hallucinogenic* substances I have experimented with. Beware.

You see, I usually record the cognitive effects I experience following the intake of a new substance every fifteen minutes or so into my voice-activated tape recorder. However, approximately one hour after intake of dimenhydrinate, I noticed—later when I played back the tape—that I could not get three words into a sentence before forgetting my train of thought. I would even forget what it was that I was trying to do or talking about in the first place!

Puzzled by the adverse effects on memory that this substance has, I decided to hook myself up to the Mind Mirror and record a session while experimenting with a high dosage, so as to see what was going on brainwave wise. When I reviewed the results, I was shocked. There was almost no brainwave activity at all, except heavy delta bands between 3 Hz. and .75 Hz. on both brain hemispheres and one intermittent 38 Hz. (beta) signal on my left hemisphere. That's it! I did not, and could not, register any other frequencies between 4.5 Hz. and 30 Hz. (theta, alpha, and low/mid beta) at all, even though I was awake. According to the readings I was literally both awake and asleep at the same time!

One of my theories for this bizarre occurrence is that this substance somehow adversely acts upon the hippocampus, along with other structures in the brain stem, since these neurological systems are responsible for memory. Another possibility is that dimenhydrinate suppresses the manufacturing of neu-

rotransmitters such as acetylcholine—one of the neurochemicals responsible for short-term memory—which carry information between the synapses. Notwithstanding, I still find the effects of dimenhydrinate truly fascinating because in a sense it allows one to have a full lucid dream or OBE in an awake state (or a full awakening inside the hallucinatory dream construction we call physical reality). In that sense, because of its ability to induce a sleep state on the brain and not the body—which is what ketamine and DXM do—one's waking consciousness has a firsthand opportunity to witness the mental effects and psychic changes that take place as the brain goes to asleep; or rather switches from this particular PDFD to the dream system.

This substance, unlike DXM—which exhibits levels according to one's body weight—elicits its psychoactive effects depending on *how much* one takes *regardless of body weight*. The effects of dimenhydrinate begin to manifest themselves within about forty-fives minutes or so. And, as mentioned previously, they remain for about one hour. After this, they begin to wear off, but one can expect to feel an altered state for up to three hours afterwards. What follows is a table of dosages for a person ingesting pills that have 50 mg. each of diamenhydrante*.

Low Dose	Medium Dose	High Dose	Super Dose
3 to 5 pills	6 to 12 pills	13 to 20 pills	21 to 30 pills

*(Adjust according to effects desired)

Low Dose: Nothing is really seen at this dose. The only thing I noticed was a slight altered state, similar to that of not being completely 'here'. However, the inner-visual and psychoacoustic effects of brainwave synchronizers, as well as of audiotapes and CD's embedded with binaural frequencies are radically increased by taking a low dose approximately forty-five minutes prior to a tape or light and sound session. This dosage increases the stereo depth and separation signals of music and psychoactive frequencies—giving them sort of a three-dimensional surround sound-like quality.

Medium Dose: Minor open-eyed hallucinations are noticed with this dose, such as flashing pinpoints of light, 'breathing' and movement of things, and an overall feeling of being under the influence of a narcotic substance. I also noticed that when I walked around my living room at this level of intoxication, it felt as if I was somehow physically above my furniture—as though walking on stilts. Another effect one can expect at this dosage is the slurring of words.

High Dose: At this dosage one can expect to see pseudo-hallucinations. What I mean by this is that one will oftentimes see objects that are not really there, and if one tries to get a good look at them, they will immediately evaporate. Also, if one is looking at a picture or painting, it will change in subtle ways,

such as a sudden smile on a serious face; or the objects within it will appear to move, etc. Another curious phenomenon I encountered at this dosage were these bright semi-blinding sparks of light, which appeared before me, but instead of coming from an outside source, they originated from within my eyes. As already discussed, the only drawback with this dosage and the next one is that short-term memory is almost completely impaired. As previously mentioned, I cannot hold a train of thought for any amount of time.

Super Dose: It is very hard to stay awake by ingesting this amount of dimenhydrinate, but the efforts are worth it, for here is where the full-blown and life-like hallucinations begin to manifest. With the intake of this dose one's surroundings oftentimes appear to be enveloped by some type of translucent film, which has a light green/aqua shimmering to it. These visuals will then change into complete cities and space-like environments. Beings, as well as curious-looking creatures, and even entire events will be seen. In fact, these have seem so real that I have not only talked with some of them (unfortunately I don't remember the subject matter), but I have also touched them and even felt their touch! In one memorable but brief experience, I saw the head of Albert Einstein—approximately six-foot in diameter—suspended in mid-air over my living room talking to me... Since one's memory is almost totally impaired at this point, it is easy to think that one is not hallucinating, but instead think that what one is seeing is real. I have also had instances where episodes from my immediate past have materialized right before my eyes. These are *lifelike* in nature. And, because of the way this substance affects short-term memory, one tends to forget that one is hallucinating. Because of this, in some aspects these experiences can be thought of as terrifying. For one literally becomes schizophrenic for a few hours. Another disadvantage that this substance has is that it shortly *after* the hallucinatory phase has ended (about an hour and forty-five minutes or so following intake) is that it bestows upon the user feelings of restlessness and deranged thought patterns. Now, I have found a way to retain my short-term memory during these experiences—at least somewhat. By using a photo-sonic stimulator (binaural beats mode, no light stimulation, for forty-five minutes immediately following intake, set for a target rate of 10 Hz., which is alpha) I have gotten decent results. I have tried using neuroelectrical stimulation but have met with failure. Apparently, some of the neurochemicals that the brain is caused to release by using neuroelectrical stimulation interfere with the brain's perception of the images produced by dimenhydrinate. Side-effects I have encountered with this substance are extreme depression to the point of tears, together with over-the-top anxiety and restlessness. Definitely not cool

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Yin/Yang

In experimenting with various psychedelics and hallucinogens, I decided to separate them into two groups or categories, and these are Yin and Yang. Yin is for the dissociative substances and Yang for the serotonergic. This classification is based in part on the ancient Chinese theory of the two universal forces that are forever complementing each other and eternally in a state of flux. Yet the two are an interlocking part of the whole. The ancient Yin/Yang symbol, which I'm sure most of you are familiar with, is this:



Yin is:

- passiveness
- darkness
- negativity
- femaleness
- night
- moon, etc.

Yang is:

- activity
- light
- positiveness

- maleness
- day
- sun, etc.

These forces are not dualistic in nature; that is, they are neither opposite nor separate. That would be very much like saying 'matter *and* energy', or that light is the opposite of dark. But this is not the case at all. Because you see, at the quantum level there is no such distinction. Matter *is* energy (or made up of energy). So, in essence, Yin and Yang are *all* matter-energy that exists in the universe; and everything in the universe *is* in either state of becoming the other. For matter is in a 'potential' state of *becoming* energy, and vice versa.

The Chinese philosophies have always taught that enlightenment would never be reached by engaging in extremes—either positive or negative. This is because extreme cold will kill, just the same as extreme heat. Therefore, the key to 'being' lies in the middle path. But not in a neutral sense. Rather in a *pliable* sense! This is a very important fact that is not usually understood or even grasped by the western mind. For as I have come to realize, western mentality thinks in dualistic and opposite terms—Yin is the opposite of Yang. Light is the opposite of dark, etc. But this is not so. Let me illustrate what I mean with an example.

The stiffest wood is the most easily cracked, right? While plywood will withstand bending. In that sense, stiffness or firmness without pliancy is like a cup that is already full—it is of no use, because the usefulness of a cup is in its emptiness. So an enlightened man (or woman) is both Yin *and* Yang. Which is to say, not completely yielding, not completely firm. Instead, he (or she) is both, but in a way that *complements* each other. For that is the only way that he is of any use and value to himself and others. He is as gentle as a dove, but wise as a serpent. Indeed, all of his experiences have led him to the true spirituality of *complementary being*. Yet he has not reached the apex of his learning, for the more he learns, the more his mind is opened to additional learning possibilities and experiences. He is then in a state of "perfect imperfection" or "imperfect perfection". I feel that that is the true meaning of Yin and Yang.

Now, to me, the Yin substances are all of the dissociative hallucinogens, for they produce their psychoactive effects by completely shutting down physical perception; resulting in the unfocusing of the physical senses from physical reality. This sometimes leads to ego death. And one is more readily apt to interact with archetypes, entities, and even alien species that exist in the hyperdimensional continuum. Therefore, Yin is geared more toward psychonautical/shamanic exploration.

On the other hand, the serotonergic substances, Yang, are very sensual and arbitrated by the physical senses. One then tends to mix both outer physical

visuals together with inner-psychological abstract thought patterns—ending up with an unconventional hybrid-construction model of reality.

In my experiments I have empirically come to find that one must follow certain guidelines in order to get the best possible results out of any substance/technology (Sub/Tech) combination. And by following the Yin/Yang principals I have just outlined, one should be able to choose the corresponding technology rather effortlessly. For example, if one ingests a Yin substance, which is 'dark' and dissociative in nature, it would then be wise to employ some type of techno-shamanic tool that would keep one's sense of awareness focused on the exploration, and keep one from forgetting the experiences. In this instance, alpha stimulation with any brain technology is an excellent alley.

I came to find this thanks to the brainwave research by the late Maxell Cade and his prodigy Ana Wise. What these studies have shown is that alpha waves—in the proper amplitude—provide a 'bridge' for subconscious material to be brought out to the conscious mind. In my own experiments using the Mind Mirror to monitor my brainwave patterns, I have found that stimulation in the alpha frequency range enables my conscious mind to retain almost all memory of experienced and perceived transcendent events. In fact, although beta, delta, and especially theta increase when my brain is metabolizing certain psychoactive molecules, I have seen that alpha dramatically disappears. Therefore, I have to agree with Cade's and Wise's theory, which states that there is a definitive correlation between alpha activity and memory/recall.

On the other hand, Yang substances radically excite one's senses and increases brainwave activity in the *beta* and *alpha* ranges. Therefore, it would be helpful to use some type of brain technology that causes the brain to produce activity in the *theta* and *delta* range. I should point out that as a rule, I never combine serotonergic substances with dissociative substances, because little is known about their long-term side-effects. Immediate side-effects however, include serotonin syndrome, which may give way to a number of nasty neurological effects such as confusion, agitation, days long headaches and dizziness, diarrhea, low-grade fever, shivering, and neuromuscular abnormalities (sudden, brief muscle spasms and exaggerated reflexes). In these cases medical intervention may be required. Consequently, I do not usually mix Yin and Yang substances.

Instead, I mix Yin *or* Yang substances together with brain technology devices in order to achieve similar results—as if I was combining substances. In my experiments, these Sub/Tech combinations have yielded some good results. What follows on the next page is a small chart with the principals we have just gone over. Of course, you are always free to experiment. However, if you plan on mixing substances (although I suggest you don't) in other than the combinations listed in this book, then you must do your own research on the subject of psychopharmacology, which is beyond the scope of this book.

☯ Sub/Tech Combos ☯

Yin Substances

ketamine
 salvia divinorum (levels 3 & 4)
 dextromethorphan (levels 3& 4)
 cyclezine, dimenhydrinate &
 dimenhydramine
 (*Together with*)
 alpha/beta stimulation

Yang Substances

LSD
 salvia divinorum (levels 1 & 2)
 DMT
 MDMA
 psilocybin
 (*Together with*)
 theta/delta stimulation

Implications of Psychedelic and Psychic Research

As explained at the beginning of this chapter, the 'powers that be' and government agencies such as the CIA, do not want scientists to engage in experiments and research with these substances which they can't control. Nor do they want members of the general population having access to them, for they can disrupt the cultural and socio-political programming inflicted upon our consciousness since birth by our social upbringing.

Those in power did not, and do not, want the public to awaken from the mass-hypnosis the population has been put under since birth. In addition, 'the powers that be' absolutely do not want individuals in the public sector to have the ability to transcend space and time and observe whatever secret and clandestine activities are being engaged in behind closed doors by these secret agencies.

As I said earlier, that is the reason why almost all governments of the world *fear* psychedelics. For they can indeed change the psychological status quo of our times. Can you imagine, people of all races, cultures, and political creeds *empathizing* with one another and also discussing in *solidarity* what is best for the human race as a whole? As opposed to what is best for 'Americans', 'Chinese', 'Russians', etc.? Wake up.

Granted, there are other reasons and considerations for authorities to restrict these substances to the general public, which I completely agree with. Because irresponsible use by minors or by unprepared individuals should definitely be enforced. However, research by scientists, and even by responsible adults, should not be prohibited under penalty of prison! That is ludicrous. (And I thought that the Spanish Inquisition and witch-hunting were barbaric.)

Just like pharmaceutical drug companies pay for volunteers, scientists should be able to do the same for psychedelic research. Moreover, the scientists themselves should first take these drugs, so as to acquaint their psyches with their effects. It is time for the general public to realize that there is almost

nothing that you or I know something about, which the government doesn't want us to know. And if by chance something like this happens to find itself in the public sector, then agencies within our government will immediately use the mass-media to ridicule it and debunk it.

In addition, based on my research and experiments with psychoporation, I have to say that the whole 'exposé' on remote viewing was a well-orchestrated *farce*. In fact, it was so well planned that even the individuals that participated in it did not know they were part of the disinformation campaign! That's how clever those in 'power' are. Don't buy into the notion that the boys over at the pentagon for example, are dumb or stupid, like the media portrays them to be. Believe me, there's a good reason why the United States *is* the most powerful country in the world. It is not by chance, but rather by design.

In regards to remote viewing, and as depicted in an episode of ABC's "Nightline", according to our government the whole affair was looked into by 'special appointed authorities', and was found to have no merit and to be of no operational use. Although the Navy, FBI, CIA, Army, etc. used it for almost three decades.

However, the fact is that the operational RV program that was started back in the 70's—STARGATE, among others—was a *decoy*. What's more, the individual responsible for its development, including his students, were all part of a public relations deception ploy, which they themselves weren't even aware of! Moreover, the results, and even the "history" of this group was put in place by the secret intelligence community in an effort to put a smoke screen in front of the real group of *out-of-the body explorers* who have the ability to witness—in full-color, and 'with all the bells and whistles'—*any* event along the space-time continuum.

Believe me, I don't think that I'm such a genius to have uncovered the formula for *accurate* psychological time travel, in my bedroom, with only a few thousand dollars at my disposal, and the limited equipment I had access to. As opposed to the Department of Defense and Intelligence, which has millions of dollars at their disposal, and also any number of scientists they could ever want. In fact, as you have just read in this chapter, these experiments have been taking place since the 50's.

So I ask you: if psychic modalities didn't work for the spy trade—or for anything at all—then why did the US government use it for over *two decades*? Yet our government still maintains that ESP is not real, that it is a voodoo science, that it doesn't work; and that because of this, the remote viewing program was terminated. Yet according to my research, this happened only *after* the program became *known* to the public... Then, to add insult to injury, a couple of high-profile remote viewing schools sprung up, which taught the 'pen and paper' version of RV to further confuse the public.

But I am here to tell you that *out-of-body remote viewing* or *extended remote viewing*—as it was originally practiced by natural psychics, which had a predisposi-

tion for OBE's—is still being practiced today, under the highest levels of national security. In fact, the US government and other countries, including the Soviet Union and China, know that some gifted individuals *can* travel *out of their bodies*, and travel to any point in space-time and *see* things *clearly*. Moreover, they do not have to relay on useless protocols and perceive low-grade psychic information. Instead, gifted and highly trained individuals can *see* any given target as if they were physically there.

However, what has been taught, and continues to be taught in commercial RV courses further adds to the confusion and the common misconception that psychic abilities are imperfect, and therefore cannot be relayed upon—at best inconclusive. The truth of the matter however, is that humans—with the proper training—can travel and see across space and time; just as they can engage in nightly dreaming.

As previously outlined, this type of specialized psychic training consists of a) brainwave training, so as to produce specific amplitudes of brainwaves—especially in the theta range (hypnagogia); b) subconscious reprogramming using MK-ULTRA brainwashing protocols, so as to reprogram an individual's system of beliefs regarding space and time; c) hypnosis along with map coordinates and specific dates and times of the inquired event, so as to not view probable events; and, d) *low dosages* of LSD taken before entering a REM cycle in the afternoon (catnap), so as to also not slip into the realm of probabilities and view probable events, as opposed to the events from our system of reality.

There you have it; the proverbial genie is out of the bottle. Since I can only talk from experience, I have to tell you that it *is* possible to view—to *see in clear, sharp, crisp, and complete detail*—anything that has ever happened or that will probably happen. In fact, on the next chapter, I will describe how using a controlled form of OBE together with ketamine (this was before I made my LSD breakthrough) I witnessed the murder of JonBonet Ramsey. I will also share what happened to me emotionally and psychologically as a result. As you can imagine, if I came out with this publicly I would be denounced as either a lunatic or a liar, or both. And, if I pointed my finger at the perpetrator(s), I would end up being sued.

Therefore, as mentioned in the prologue of this book, I must be careful with what I write or say. Believe me, I am not a martyr. And I don't care for having to endure any type of prosecution in the name of 'truth' and 'justice'. Let's just say for now that I've already learned *that* lesson. Indeed, as far as I am concerned, I have contributed enough what I am now revealing. Furthermore, scientists and researchers may put to a test my findings and discoveries and come to *their* own conclusions. The *truth* of what I am saying and have discovered is there for those who have the eyes to see it, the mind to comprehend it, and the psychological maturity to be responsible in using it.

Again, any type of 'proof' that OBE's and time travel can be done would

shake the very foundations of not only our concept of reality, but also of the way our whole legal system works. I hope that by now you can begin to comprehend the reason why the well-orchestrated cover-up. Indeed, the crime of murder for the purpose of 'shutting one up', for example, would be completely wiped out. Because thanks to out-of-the body travel there would always be a 'witness' present—at any crime, anywhere, and at any time, which could later testify in a *new* and *revised* court of law.

In that sense the law would no longer have to be blind; thanks to a group of professional 'psychic witnesses', if you will, who would be rigorously trained and have the ability to transcend space and time and report and *testify* on what they *see*. These psychic witnesses would even identify the perpetrators in question in a line up, for example. Indeed, the blindfold that 'lady justice' wears would finally be lifted, and justice—as well as humanity—would be made to *see*.

However, because of this, a lot of jobs would have to be terminated. For there would be no need for lengthy investigations, trials, appeals, lawyers, juries, detectives, forensic pathologists, profilers, DNA analysts, or anything of the sort. In fact, the whole legal system as we know it would crumble. But maybe it is time for change.

This should not seem as far-fetched as it may sound, for as you came to learn in chapter 3, space and time are only mental illusions that can be transcended. Nonetheless, before any of this can come about, we as a society must be willing to face such *facts*—that the abilities of the mind I have been speaking about are real. But until we change ourselves, until we change our consciousness, by engaging in our own search for who and what we really are, then we will unfortunately continue stagnating in the current status quo.

CHAPTER 5

Into The Void

*"The scientists in my system of reality are intrepid explorers—
using their consciousness to conquer hyperspace, explore the corridors
of the mind, and access the infinite knowledge and information available
within the matrix of Universal Intelligence."*

Kzark Prestidius

This chapter deals exclusively with the devices and substance combinations I have developed for my consciousness expansion and exploration of hyperspace. Let me stress to you that sometimes, while trying out the different combinations, I achieved outstanding and life-changing results. But other times, the only things I got were severe nausea episodes and a splitting headache. Note that the combinations of substances I have experimented with are mainly from the published reports I have gathered from many books, as well as from various newsgroups and websites on the Internet. If you want to develop your own substance combinations then you *must* do some research on their *interactions*. Otherwise you are asking for serious trouble.

For the most part, the correct use of brain technology together with ketamine for example, enabled me to better control, focus, navigate, and guide particular psychonautical explorations. For instance, a predominantly delta brainwave state (together with ketamine) presented me with a different 'flavor' and type of exploration, than with say, an alpha brainwave state.

Likewise, the hemi-sync tape series "Going Home" together with ketamine, enabled me to repeatedly have NDE's/OBE's (on the astral plane and in dream systems) consistently and rather effortlessly. What follows then are my own combinations of brain technology devices and pharmacological substances, amounts and combinations, as well as the resulting effects and experiences. Remember that since we are all individuals these experiences may be different

than if you were to try and repeat them.

Also, I personally don't necessarily like to combine Yin with Yang substances, for I am mostly into 'faraway' shamanic journeying, and a level 4 dose of smoked salvia, or level 3 of ketamine (see the charts and read the level descriptions in the previous chapter) will take care of that.

However, there are some curious synergies that do occur from the combination of some of these substances. Some psychonauts like to combine LSD, or 2C-B (another type of psychedelic) together with ketamine for example, in order to retain their 'identity' throughout a ketamine-experience, as well as memories of the voyage. In my experience however, this tends to 'color' my perceptions. Therefore, I employ brain technology in the form of high beta frequencies (30 to 40 Hz.), for more awareness and identity retention, and/or alpha frequencies for memory and recall of the experience.

Please keep mind that:

- There is always danger when combining *serotonergic* substances, i.e., drugs that stimulate or mimic serotonin activity in the brain (LSD, psilocybin, and DMT) together with: tryptophan, harmine, harmaline.
- One should not ingest any of these psychedelic/hallucinogenic drugs if one is taking prescription antidepressants such as: lithium, Prozac, Zoloft, etc.
- DXM is a MAO inhibitor should not be taken at least *five weeks* before or after taking any *prescription non-drowsy antihistamine*. Otherwise, results could be fatal!
- Never combine MDMA (Ecstasy) with ketamine or DXM, for there may be potential blood pressure problems.
- Never, *never*, combine Yohimbe with DXM or ketamine for the risk of brain hemorrhaging is great.
- Heavy and repeated use (whatever that may be) of *dissociatives* definitely causes brain damage. Reaching the anesthetic level with these substances is hard on the brain. It is much safer to experiment with LSD, psilocybin, and DMT, than with ketamine and DXM! Beware.
- Little is known about the sigma, PCP, or NMDA receptors, which are responsible for the binding and interactions of dissociatives. Therefore, long-term use effects are unknown.
- One should always give the body and brain time to recover after ingesting Yin substances. I oftentimes give myself *at least thirty days* or more before

going on another psychonautical voyage.

- About 1 hour before ingesting Yin substances, I take a supplement of Coenzyme Q10 and Ginkgo biloba in order to hopefully (!) prevent some neuronal cell damage, as is the case when taking *high* dosages of these substances. Theoretically, these supplements increase cerebral metabolism, therefore causing cell waste products and such to be processed more rapidly.
- Foods that should *not* be combined with drugs that are MAO inhibitors, are aged cheeses, liver, soy sauce, red and white wine, pickled herring, avocados, bananas, cream, coffee, yogurt, raisins, figs.
- Items that should *not* be combined with drugs that are MAO inhibitors are narcotics, tranquilizers, amphetamines, tryptophan, alcohol, sedatives, ephedrine.
- Drugs that are MOA inhibitors are DXM, 5-MEO-DMT, Harmala alkaloids.
- *Drugs* that should *not* be combined with MAO inhibitors are Mescaline, MDMA, 2C-B, 2C-T-7 and other 'designer' Phenethylamine drugs. For a most complete list of the Phenethylamine family of drugs see the book "PIHKAL".

For those psychonauts and shamans who have already experimented with brain technology devices and/or substances I'd love to hear from you. You may e-mail me at PsiWarp@mail.com.

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The codes that follow on the next page are given to the previously discussed substances and brain technology devices (discussed in chapter 2) so as to simplify the reference to them in the next section.

SUBSTANCES

psilocybin mushrooms = P

DMT = DMT

salvia divinorum = S

LSD = LSD

MDMA = X

ketamine = K

dextromethorphan = DXM

dimenhydrinate = Di

DEVICES

D.A.V.I.D Paradise XL = DPXL

Photosonic Nova Pro = PHo

BT-6 Brain Tuner = BT-6

OASIS = OS

Hemi-Sync (H) Cassette Tape (T) or Compact Disc (D) = H-T (plus the name of the tape/CD, i.e., H-T: "Going Home"—Homecoming)

EXPLORATIONS

Date: May 4, 1997

Set: Mentally OK. Emotionally fine. Physically tired, but not sleepy.

Setting: My bedroom, 3:30 P.M.

Substance(s): S

Amount: 1/2 dried X5 leaf. 3 'hits' (smoked)

Technology: D.A.V.I.D Paradise XL

Settings: Session: #11 Target Rate: 7.8 Hz. Intensity: 13 Volume: 18
Pitch: 10 Mode: Focus Sound: Binaural (*only*)

Stimulation Time: 15 min.

Method: I smoke the salvia leaf in three fast 'tokes' while already hooked up to my DPXL. I then lie down on my waterbed in my darkened bedroom.

Code: S + (DPXL)

EXPERIENCE

Gradual and slow onset within three to five minutes, peaking after another ten minutes. Stable plateau for roughly fifteen minutes thereafter. Back to baseline in about ninety minutes.

I am lying in bed almost hypnotized, due to the eyeset's flashing strobe-like light show that is playing behind my closed eyelids and the slightly off pitch-vibrato that the binaural frequencies produce through the headphones. I estimate that I have been in this state for about ten minutes, when suddenly I notice that the binaural frequencies or rather the vibrato's notes start getting closer and closer in pitch, as if trying to converge into a single note.

Right at the point, when I hear the vibrato between the frequencies stop and both notes merge into a single tone, I feel both of my arms being sucked outward and upward, followed by both of my legs; but in a rather violent manner. At the same time this is happening, I hear an extremely loud and rapid deflating sound, as if compressed air is suddenly released. Much like when a car tire is

punctured.

To give you an idea of how violent the separation felt like, picture a deep ocean diver, many hundreds of feet underwater, letting go of something full of oxygen like an inflated lifesaver or a balloon. As you can imagine, these objects would rapidly and forcefully race towards the surface. That's what my extremities felt like as they detached from my body. Then, once I exited my body and started to walk out of my bedroom and into my hallway, I noticed that I was still *seeing* the flashing lights in front of me! This surprised me very much for even though my physical body was lying in bed and had the eyesets on, somehow my brain was transmitting this signal to my mind (my non-physical body), which was now in the hallway.

Another queer happening was that as I was thinking about the phenomenon I was experiencing, I would instantly alternate between my physical body lying in bed, and my non-physical body standing in the hallway. In fact, it felt as if I was in both places simultaneously. At one point I even began seeing right through my physical eyelids—and very clearly at that—both the flashing lights of the eyesets as well as my ceiling fan. I also saw the walls of the hallway and my living room that follows it. This experience left me perplexed. And, because of the unusual type of phenomena I was experiencing, I decided to reenter my physical body and record the details of this very odd experience. Having finished, I tried to repeat the experiment, but fell asleep instead.

COMMENTARY

This experience led me to realize that there really isn't space, time, or even matter. Sure, many physicists and scientists theorize about this, but I came to *experience* it firsthand. This became painfully obvious to me as I was seeing my ceiling fan; not only through my closed eyelids, but also through the eyesets I was wearing, which are dark, solid, and non-transparent! I was also standing in the hallway in my non-physical body and seeing the hallway and the living room right through the flashing lights of the eyesets that my *physical body* had on. At one point it felt as though I was rapidly switching between two television channels. Indeed, I would instantaneously 'click' between both places, just by thinking about either one.

I know some of you are going to perhaps dismiss this happening as perhaps some type of memory 'looping' phenomena, associated with the misfiring of neurons responsible for short-term and long-term memory. But talking from the standpoint of having had a number of memory-looping experiences, this was not the case. In fact, I strongly believe that this phenomenon had something to do with non-locality and bi-location. As far as the violence and intensity of the separation are concerned, an insight I got following the experience was that this had been necessary so that I would remain alert of what I was

about to experience.

Date: April 17, 1999

Set: Mentally drowsy. Emotionally fine. Physically very relaxed. About to start my second ninety-minute sleep cycle of the night.

Setting: My bedroom. 4:30 A.M.

Substance(s): P

Amount: 2.5 grams

Technology: DPXL & BT-6

Settings: DPXL: Session: #15 Target Rate: 5 Hz Intensity: 14 Volume: 10 Pitch: 12 Mode: Focus Sound: Pulsed
BT-6: Mode A (7.83 Hz.) Pulse width: 550 microseconds

Stimulation Time: 45 minutes on the DPXL, and 48 minutes on the BT-6.

Method: I ingest 2.5 grams of dry powered psilocybin together with 1 cup of orange juice. Ninety minutes later I dial-up a DPXL session (see settings) and hook myself up to both the BT-6 and DPXL, so as to receive both photo-sonic and neuroelectrical stimulation simultaneously.

Code: P + (DXL + BT-6)

EXPERIENCE

After sleeping for about three hours (two sleep cycles), I ingest the psilocybin and then go to the bathroom to empty my bladder. While waiting for the effects of the psilocybin to commence, I begin reading a few chapters of the book "Hyperspace", by Michio Kaku, so as to prepare my mindset for the OBE state. At the end of the ninety minutes, and right at the beginning of my *third* REM cycle of the night, I hook myself up to my DPXL and BT-6. This is followed by a gradual but quick onset of mental effects after two minutes, peaking after another twenty minutes. I notice a stable plateau for about fifteen minutes. Before the initial onset, I am already feeling drowsy and have begun

perceiving some open-eyed visuals in the form of light streaks. This is due to the psilocybin. About forty-five minutes later both devices shut-off, but I don't notice this for I have gotten lost in the visuals that are now appearing before my mind's eye. So I calmly drift into hypnagogic reverie, and start seeing the usual hypnagogic imagery (faces, buildings, weird-looking creatures, etc.) associated with this altered state. Within moments of this, I commence to hear the usual sound of turbulent wind. A second later I'm catapulted from my body—much like a cork coming out of a bottle—and find myself floating above my physical body. Following this, I gently glide toward the floor, but as always, I never really reach the floor completely. Instead, I hover about an inch or so above it.

As I'm standing in my physical bedroom I begin to carefully study it, so as to make sure that I have not 'slipped' into a probable version of it (on a probable universe). But everything seems to check out okay. Satisfied with that I begin to head out of my bedroom. While I'm in the process of doing this, I notice something very odd. An old automobile is parked in the same space where one of my bookshelves should be! Standing next to it there's a being wearing a big smirk on his face. He is an identical replica of me (I introduced him at the beginning of this book, in the prologue). Hence, I have nicknamed him 'future me', or FM for short. I should stress that this encounter occurred while I was in an OBE state, as opposed to the few other encounters I have had with him while I've been physically awake.

FM: You better be careful, or your consciousness will end up shifting completely to a dream system.

Me: Uh? What do you mean?

FM: If you loose your focus and concentration, even for a few moments, your physical brain—which is now in an extremely high level of chemical functioning and psychic arousal—will start loosing and even distorting the data that your conscious mind is perceiving and transmitting to it. This will cause your brain to hallucinate. In other words, you will loose your analytical faculties, forget what is really happening, and end up dreaming nonsense. Although in reality said process is much more involved.

Me: Umm... I guess that explains the automobile in my bedroom. And I guess that also explains you.

FM: No; that does not explain me. As I've already explained to you, I am not a hallucination. You are another version of me, just as I am one of you. I have met quite a few of you over the past few years. And although I knew of your 'hypothetical' existence long ago, it wasn't until very recently that I started to actually meet with you, and present you with information regarding the nature of consciousness. In spite of the fact that I'm sure much of it has been filtered by your conscious mind. However, when this happens the conscious mind eventually remembers this data in the form of scrambled ideas and thoughts. Nonetheless, it is *me* who gives you all of 'your' ideas about psychoportation

and psychodynamic integration.

Me: Wow... You know, somehow what you are saying makes sense to me. Although the previous time when I first saw you in my apartment, afterwards, I began thinking of you as a product of my imagination and intoxication at the time. Umm, I guess this must be the reason why recently I've had tons and tons of thoughts, ideas, and insights in the areas of quantum physics, metaphysics, shamanism and even philosophy, am I right?

FM: You are partially correct. Let me put it to you this way: our scientific tendencies and influences come from Doctor Kzark Prestidius, a psychophysicist from another probable Earth; our philosophical insights come forth from the mind of Ebhrious, a philosopher, mystic and priest, from another reality, and our shamanic tendencies come from a shaman by the name of Jiebro, who exists in your version of reality but in the 'past'. In fact, he lives in a small village in the country known today as Peru. There are five dominant personalities within me at this time; you being the sixth. And all of these will, from *your* perspective, eventually merge into one. I am that 'new' and all-encompassing personality.

Me: !???! I don't know if I got all that. But, if that's the case, you still look just like me!

FM: Of course. I *am* you. You see, 'we'. Ebhrious, Jiebro, Dr. Prestidius, Lee Steel, Max McCullan, and you, Joey, exist as separate *individuals* in *separate* space-time continuums—for now. Soon however, all of us will exist as a single but multi-dimensional synergy-personality cluster—me—on each one of the realities that each of the individuals I have named, including you, exists. In essence, each one of us is a probable version of each other. Yet as a 'group' or entity we are one. As far as my appearance is concerned, your neurological processing gives *me* the appearance that you now see. Consequently, the other personalities also see me in *their* own respective physical image.

Me: Jeez, man, all this sounds crazy...! Not only that, but 'Lee Steel' is just a stage name I used back in my early twenties when I was a musician in a band. That's just a made up name!

FM: Said 'name' you 'came up' with back then is more than just that. In fact, as you may recall, at times you felt as though you became someone else on-stage during your performances. In fact, you felt as though you became 'him'. You thought of this 'Lee Steel' as your alter ego. Yet this 'character' you came up with, had and continues to have a valid as well as a *physical reality* in which *he* exists. Indeed, Mister Steel is an alternate version of you, which you simply became aware of at the time you 'created' him.

Me: Woe...

FM: Is that too hard to believe?

Me: Well, now that you put it that context, I guess not...!?! This is just all so weird and so bizarre. Is that Max guy I've psychodynamically integrated with a couple of times also a probable me?

FM: Yes he is, indeed. There are lots of personalities or probable versions of us, which exist in other systems of reality; and which belong to our Overmind. Not only that, but they are just as real as you and I, are; and some of the realities in which they exist are not all that different than yours. Now getting back to Max McCullan, he is a colorful personality also from another version of planet Earth. As far as his personality is concerned, he doesn't take anything seriously, whatsoever. Not even himself. He thinks of life as being nothing but a big comedy production.

Although consciously, he does not yet believe in the multi-dimensional aspects of being. In that regard, he is still asleep. But since there is no 'time' in the *real* sense, or rather in the linear sense, he has *already* also recognized the facts that I am now telling you. Using *your* 'terminology' then, he will 'eventually' come to the same conclusions that you are now coming into. Thus becoming a part of 'us'.

Me: Dude, this is too much... I-

FM: Ha, ha, ha, ha. Is it? Ha, ha, ha, ha. But there's more, much more! Ha, ha, ha. Getting back to consciousness exploration, I myself have been working on an exteriorization method [PSP] for sometime now; and because of all my studies and experiments, knew of your 'hypothetical' existence. So did Dr. Prestidius, Ebhrious, and to a somewhat lesser extent, Jiebro. In that aspect, those three are psi-explorers by nature. The other personalities, including you, have a faint conscious awareness of all this, as a result of psychic bleed-through. That is all except for Max. He is rather oblivious to all of this at this particular time juncture.

It has been both very amusing and rewarding to finally meet some of my probable selves in the system of probabilities. There are *millions* of worlds and realities in the probability system alone, Joey—if you only consciously knew! I have been passing along this type of information to many of my probable selves. But as I told you before, I estimate that less than twenty-percent of this information has been retained by their conscious minds—maybe even less. The rest has either been forgotten or filtered.

However, in *your* case, if you continue to ingest the usual two to three and a half grams of dried psilocybin powder twice a week for the next four months, in conjunction with theta light and sound stimulation, it will prevent your subconscious mind from forgetting and/or filtering the information I give you. Keep that in mind. Also, because of *your* particular level of psychological and psychic development, the combination of dissociatives and neuroelectrical stimulation will eventually cause the five personalities I have been talking about to merge with yours.

Rest assured that this merger will not result in multiple-personality symptoms, as is the case in many instances of transdimensional integration; 'psychic' being used in the context of *mind* and *consciousness*, and *not* as in relating to the ESP phenomena. But this will only be the case *if* we all remain *integrated as a unit*

after the merger. However, if any one of us happens to focus intently on any one aspect of each other's personality, then said personality runs the risk of becoming trapped in any of the six dimensions that each other inhabits.

Understand that the reason I am using the 'future' tense is purely because of the constraints of *your* English language. For in reality, this merger has 'already' 'probably' occurred. I am also attempting to help you understand concepts that are quite alien to your present state of consciousness. An example of this being the fact that at this moment, I am not only communicating with you, but also with the others, *simultaneously*. This communication however, is taking place from 'outside of reality'. Again, because of language constraints, it is very hard for me to explain some of these concepts to you.

I should also inform you that all of your research and experiments are causing a neurological rewiring process to take place in your brain. Likewise, I theorize that by me giving you all of this information and help now, we as a unit, will become better developed upon our coming psychic integration. Keep in mind that personal, as well as world events, are always being rewritten. The past, as well as the future is open-ended, and therefore interchangeable. And we, at this very moment, are rewriting both our pasts as well as our futures! Ha-ha-ha-ha. While we're on the subject, I should also make known to you that all of this is the basis for a book that you, or rather we, have written. However, you may, or may not, write it. Either way, it does not change the fact that *you* have written it already.

Me: Wait-wait-wait a minute. I ain't no writer. I don't know the first thing about writing a book. Besides, that doesn't make any sense. How can you, I mean me, or rather we, write this book if I can't or decide not to write it?

FM: You are forgetting the fact that we are both *probable* versions of each other, Joey. Therefore, if you decide not to write the book, fail to publish it, or what have you, there is *another* probable version of me, or rather of 'us', which *does* write it and also publishes it. Then, at that moment, *he* becomes an actuality of *me* in the past. You in turn, become a *probability* of me along *our* space-time continuum. However, both you and I would also be a part of him [the writer], and he part of us. As well as of the rest of the other personalities I've already mentioned. At this moment in time however, you, the others, and I, are on the same probability continuum. But in order to remain in the same continuum, each one of you must publish the book in each of your respective systems of reality, and make it available to those who are ready. The moment *you* print the book and start distributing it, you will become an actualized version of me in *your* system of reality. The same goes for the others, understand?

Me: I think so.

FM: I will illustrate some of what I am saying with the following example, which comes from the mind of Kzark Prestidius. This will help you better understand how probability shifts work. When one moves across a room in physical reality, said motion takes the form of a series of quantum jumps. In

the physical reality system, all the electrons that makeup the physical body jump from one orbit to another in *linear fashion*, and the previous orbit sequence—only in a physical manner—ceases to exist. Psycho-energetically however, said sequence will always remain imprinted in the fabric of its own space-time continuum, forever. This fluid movement however, is a space-time illusion. Recall the effect that is created by a rope of chasing lights. Each light is switched on and off in a particular sequence and at a specific speed, thereby giving the appearance of movement through space-time. Do you follow me?

Me: Uh-huh. I think so...

FM: To further elucidate this concept think of a roll of cinema film. As you may know, twenty-four [or in some instances a few more] pictures are taken per second of any given action—for as long as a cinematographer wants. That means that if one second of your activity is filmed, the result would then be 24 pictures or frames of yourself performing said activity. Now using that as our analogy, each one of those frames represents an individual psycho-energetic aspect of our greater Self. In fact, each one of those frames houses one quantum-psycho-energetic-meta-wave-particle [QPSYEMP for short]. And each one of those QPSYEMP's either merges with the next one in the sequence, or it splits from said space-time continuum sequence and forms its own continuum, so as to explore and consequently actualize a given probability. This, as you can imagine, results in a great number of sequences and QSYEMPS. Thus allowing for an unlimited number of different probable outcomes to any one given situation or event. Furthermore, said QPSYEMP's may also reintegrate with their previous and original Source-QPSIEMP at any time.

These alternate space-time sequences are what are known as probabilities. And the reintegrations I just mentioned, result, as a probability becomes an actuality in any given continuum. Do keep in mind that QPSYEMP's are alive and conscious and have the potential of becoming self-reflecting beings, just as you and I, are. One important thing you should know is that these 'frames'—which house individual QPSYEMP's—are not sequential as in a roll of film. Instead, they are superimposed one on top of another, and what separates them are their individual and coded psycho-energetic thought-frequencies.

Me: Man, this is fascinating. Absolutely fascinating! This stuff is just mind-blowing! I can't believe you're telling me all this. It's beyond anything I could have ever imagined. In fact, it's as though you were giving me the secrets of the universe!

FM: I am glad you think so, for that is the case indeed. In fact, you may recall that a few years ago [1997] you had a hearty desire for a deeper understanding of the mechanics of creation. This desire was then projected into a 'future' probability track, which is this one. Your consciousness then, *subconsciously* sent out a QPSYEMP. At that very instant two things happened. First, said QPSYEMP went to the future and acquired the *experience* and *information* you strongly desired. And second, it traveled back in time to this moment-intersec-

tion in *your* space-time continuum, so as to meet and give you said information. I am that QPSYEMP. Let me emphasize however, that this split from-and-back into your consciousness occurred instantaneously. In fact, the information you requested traveled back into your consciousness at a speed exceeding that of *your* speed of light.

However, because of your limited neurological development at the time—which is part of the illusion maintained by your PdS—the information had to take some ‘time’ in getting through to your conscious mind. Nonetheless, time is an illusion. For all events are happening now—right at this moment and at once. As hard as it may be for you to understand right now, the beginning of the universe—the ‘big bang’ as you call it—is taking place right at this moment, for the first time. So is everything that has ever, or will ‘probably’ ever happen, occurring at this moment for the first time. Believe it or not, you are right at this very moment coming out of your mother’s womb. Yet you stand before me as a grown man. Like I said, linear time is an illusion of the human mind.

Our coming psychic merger is a thought-experiment thought up by Keldam, our Overmind. One of the reasons for this is that all six of us are in the process of becoming an Overmind ourselves. And, by engaging in this experiment, we will better understand the mechanics of consciousness, existence and being. So will Keldam. I will not get too much into that subject tonight however, for it is rather involved.

Me: Wow...! Incredible! I-I-don’t know what to say. But it all makes perfect sense, man. Damn, you are a genius! This sending and receiving of information from the future to the past, simultaneous-time, non-locality, and the probability shifts you’ve been describing are still pretty bizarre and hard to believe, though. In a way, it’s sort of like a psi-loop... Umm. Hey, listen, thanks for all this information. I should go back into my body and record all of this down while it’s still fresh in my memory. Not only that, but I also have to reflect on what it all means to me. To be honest with you, I’m perplex, confused, scared, and a million other things, all at the same time. This is all just so strange. It’s crazy! But hey, when am I going to see you again?

FM: That depends, Joey. There are a number of factors that are necessary in order to participate in these types of meetings. But as long as you continue with your current course of action we will remain in the same probability continuum track. Therefore, you should proceed with your psychic development by continuing with your experiments and research. Also, begin writing down all of these experiences. By doing this we will soon merge with one another. But let me give you a few words of warning: Be very careful if you happen to notice that other facets of your being—which in reality are fragmentary units of the personalities of the individuals I just told you about—start dominating your thoughts after our coming integration. I mean, it is perfectly normal for you or any other human being to at times feel as other than himself or herself. Or

even act on those impulses. That is a normal and healthy way of being.

However, once you begin to focus on any one particular set of neurological pattern combinations for more than *ninety minutes*, you run the risk of creating unbalances in your psychological and psychic structure, which in your case can result in an acute case of what is known in your system of reality as schizophrenia. That is the reason why I took it upon myself to close a number of doors in your psyche long ago. Joey, do you remember your GI JOE's?

Me: Oh shit! Yeah! Yeah! I remember! I remember my GI JOE's! I remember that I would hear them talk to me in my mind. But a doctor that my mother took me to told her that those voices were simply coming from my imagination. That they weren't real!

FM: Well, by now you should know that what you think of as imagination and reality are both one and the same. I mean, look at us now... And here, feel my hand... Now, feel yours... They both feel real, do they not?

Me: Uh-huh.

FM: Yet you know that at this moment you're dreaming. And when you wake up in *your* 'waking reality'—your individual version of waking reality—you will come to think of the hands of your waking body as the 'real' ones. But make no mistake. There are an infinite number of valid realities; and any one of them is relative to all the others. Now, as I was saying, I closed most of your psychic doors by going back to my probable past and causing certain events that took place back then, when you were four years old, that in turn resulted in your GI JOE action figures being taken away from you. The reason I did this is because in order for me to become an actuality in *this* probability continuum—now—I had to prevent myself, in this case you, from becoming schizophrenic 'back then'. Yet said incident did happen. Which is the reason why I took it upon myself to change it. And I use the term 'change' rather loosely, for the event still manifested in *another* probable reality. In fact, a probable version of us currently exists on a probable Earth, which indeed became mentally ill as a result of *his* experiences with *his* GI JOE's.

However, in that instance the dolls had nothing to do with the incident. For they served only as a trigger. In other words, said version of you, or rather of us, chose to participate in the experience of suffering with a mental disorder, as a means to further explore the nature of the human mind, just as you are now doing, but in a different context. Yet said experience is still valid and necessary. For it adds an extra 'layer of depth' to our overall way of multi-dimensional being. Therefore, you should not view it in a negative light. I know that I have given you quite a lot of information tonight. But the reason for this is because you are ready for it. However, I doubt that you will recall all of it at once. Most plausibly you will come into it in bits and pieces, which in turn will help you to better internalize and integrate it into your consciousness. But remember: 'We' will soon exist as one.

COMMENTARY

As mentioned before, a lot of the experiences that I was having weren't mentioned in the OBE or RV literature. Also, the information I was receiving was quite bizarre. In addition, like I said earlier, much of this book was written while I was in a mild psilocybin or LSD-induced altered state of consciousness. Therefore, much of the time I felt as though I was using a form of automatic writing. Although by this time, I knew that I was receiving this information and abilities from my 'twin', as well as from Jiebro, Dr. Prestidius, and Ebhrious, whom I had encountered on various occasions just after leaving my body, in sort of a halfway in between realities zone. Whenever this happened, they would always graciously answer any question that I had—especially FM. Oftentimes he would ramble on for a long time.

This was rather ironic and amusing to me though, for many of the 'masters' I had encountered previously—while having out-of-body experiences—would always tell me that the answers to the questions I had, and always inquired about, were already *within* me, and therefore I could answer them myself when the time was right. In that regard, they always, *always* emphasized self-experience. At the time however, I taught that my questions were rather challenging. And that the reason they wouldn't, or couldn't answer them, meant that I was probably communicating with figments from my own subconscious, and not 'real' masters. Ironically, when I met FM, he started answering every question I ever had. Which, if you think about it, meant that I was in fact answering them myself...

Date: June 11, 1998

Set: Mentally Lucid. Emotionally happy. Physically relaxed.

Setting: My bedroom, 4:30 P.M.

Substance(s): ketamine

Amount: 130 milligrams

Technology: (2) DPXL's and OS

Settings: DPXL #1: Session: #1 Target Rate: 18 Hz. Intensity: 8
 Volume: 12 Pitch: 4 Mode: Focus Sound: Binaural & Surf
 DPXL #2: Session: #4 Target Rate: 10 Hz. Intensity: 8 Volume: 13
 Pitch: 9. Mode: Focus Sound: Binaural (*only*)
 OS: 18 Hz. (Same as DPXL #1)

Stimulation Time: DPXL #1: 15 min. DPXL #2: 12 min. + 10 min. (By pressing *Extend*)

Method: I connected the first DPXL into the second one by running a connector cable from the DPXL #1's headphone output jack into the DPXL #2's *tape input jack*. This was done with the specific purpose of getting two distinct and *separate* binaural frequencies (not dual binaural frequencies) into both of my brain hemispheres. The first DPXL is set to a target rate of 18 Hz. <beta> and the second DPXL is set to 10 Hz. <alpha>. Note that the *eyesets* are connected to the *second* DPXL, so as to have a predominantly *alpha* signal going to my visual cortex. The headphones are connected to the second DPXL so as to get a sound combination of both devices/frequencies to my overall consciousness. The OS is attached to both of my earlobes, and, in turn, I'm running a connector cable from the output of the OS to the eyesets socket input of the *first* DPXL, so as to send neuroelectrical pulses to my brain in the beta range. The purpose of this is not only that of maintaining complete awareness during the exploration <beta>, but also to be able to bring information from the subconscious to the conscious mind <alpha>. (As stated previously, alpha brainwaves provide a bridge for information transfer from the subconscious to the conscious mind.) After putting on all of my brain gear, I inject 150 mg. of ketamine into my left thigh muscle. Effects begin within two minutes.

Code: K + (DPXL #1 <beta> + OS <beta> + DPXL #2 <alpha>)

EXPERIENCE

Fast onset within two minutes of injection, peaking after another forty-five minutes. Stable plateau for about thirty minutes. Back to baseline in about two hours.

Within the first few minutes of injection, surreal space-like sounds and fantastic fractal images begin swirling through my consciousness. It feels as though my consciousness is being enveloped by a cosmic force field of some kind. The pulsing effect of the binaural frequencies inside my brain is extremely pronounced. Because of this, both of my brain hemispheres feel like putty in the hands of the binaural frequencies. These frequencies are now in control of my brain. They also seem to possess a 'personality' of some kind; and not only are they now in control, but somehow they seem to be conscious of me and what it is I am doing. This feeling is significantly enhanced by the neuroelectrical pulses and the flashing lights coming from the eyesets. In some sort of strange manner I am beginning to 'understand'. "Reality is all an illusion. It's all a dream." I chuckle to myself mentally. Then, after a few minutes of this 'sense of understanding' that I am experiencing, I begin feeling as though I'm about

to die.

In fact, I come to undoubtedly know that my entire existence—at least the human one—has been nothing but a dream within a dream, within a dream, within a dream... All at once there's an overall feeling of 'strangeness' about my human experience and my entire existence in general. "Existence... what a bizarre concept!" I say to myself. Everything feels very strange now. 'Existing' has become a strange thing. "Indeed, 'I' am a strange 'thing'... My life, my friends, and family have been, and are, nothing but *thoughts* within my imagination..." I continue. After a few more minutes of these eerie sensations and thoughts, I notice that my body is paralyzed, as is always the case when I inject myself with ketamine. Still, my mind is completely at ease, and my spirit, well; I sense that my spirit is about to soar! Eventually the flashing lights, pulsing sounds, and neuroelectrical pulses cause a neurological overload that makes my consciousness explode into cosmic proportions. As a result of this, I immediately sense changes taking place within my physical body's atomic structure.

The next instant I'm above my physical body, looking down at it. However, I don't care about 'that' body anymore. I don't want to be imprisoned inside of it. For I now and forever want to be free—free from captivity and imprisonment. Since I don't care about my physical body anymore, I see that it slowly begins disintegrating into crackling white-noise-like particles. Within a matter of seconds, I see millions of these pinpoints of iridescent white and electric-blue light swirling in the space where my corporal body used to be in. But they too eventually dissolve, and as a result, my body is no longer in existence. My physical body has ceased to exist. My surroundings have also ceased to exist. The person I was in this life no longer exists. Yet I don't care, at all.

An odd sense of calmness and abandonment comes over me; and I become resigned with the fact that there is nothing I can do about this. "I" don't matter anymore; nothing matters anymore. The only thing that matters is *this* moment. Yes, this *moment*—'the' moment, in fact.

No longer being human I perceive many things in a whole new and different perspective. Ironically, I feel as though I have never been human... What is 'human'? Now my consciousness is pure light. "I am pure light!" What's more, I am familiar with this state of being—'light'. "Oh, I now *remember* being 'light'! I have always been 'light'! It is wonderful!" I continue to myself.

I then sense that I have been transformed into a single, expanding and glowing wavelength of light, which continuously expands and contracts into itself, ever so much. After a few moments of experiencing this new state of being, I inadvertently collapse into nothingness. As a result, I, or rather some part of 'me', emerges in another place—although this place is located 'inward'; somewhere between eternity and forever. The visuals encountered at this point are more phenomenal than anything I have ever seen before. There is a pink-colored stardust-like mist that permeates this layer of hyperspace. I discern that there isn't a sense of movement in this place, only expansion through

awareness. I enter this domain and am amazed at not only what is displayed here, but also at its infinite scope and size. Indeed, its size is beyond words—beyond worlds and universes! Although I intuitively know that I have entered the infinitely small, subatomic quantum realm.

This place is completely pitch-black, but, somehow an almost blinding sheen emanates from its 'inhabitants'. These inhabitants turn out to be atoms, electrons, protons, quarks, and countless other subatomic particles, which are pulsating at incredible lightning speeds. Although scientists and physicists say no one has ever seen subatomic particles, somehow my mind is doing so right now. To me they resemble tiny tornadoes or cyclones. Although from my perspective they appear to be as tall and large as New York City skyscrapers. There is a striking fast-paced yet syncopated sonic-buzzing that is produced by the rapid pulsations that these particles are involved in. And although I have no emotions at this time, if I had them, I would be confused and terrified. Because everything in this realm is so damn *intense*! However, I do feel a strange sense of déjà vu from being here. What's more, in some inexplicable sort of way it feels as though I have come 'home'—somehow I have been here before! Yet I have no conscious recollection of it.

Strangely, the other subatomic particles acknowledge my intuition. They telepathically inform me that they have all been expecting me. This doesn't surprise me, for I have been meaning to come here myself, although not consciously. But I still can't get over the fact that everything in this realm is so damn sterile, cold, and un-human. As I ponder about this, I come to the realization that I too have been spinning at great speeds; I have been transformed into a quantum entity! As I shockingly come to this conclusion, the particles impress upon me that I have come here to experience and witness something very few human minds or eyes have ever seen or felt before. This is to be something very special. This experience is to be a gift for all of my effort, courage, and determination in seeking truth. Without warning, everything I was seeing and experiencing abruptly comes to an end. It feels like a city blackout—where one second ago there were millions of bright city lights permeating the night, and the next second there is only darkness. Although this 'blackout' has nothing to do with light, but rather with awareness and consciousness.

Suddenly there are no particles. There are no sounds. There is no silence. There is no space. There is no time. There is nothing—nothing at all. The only thing that 'exists' is a sense of me having become a 'state of nothingness'. This state of 'nothingness' is beyond thoughts or feelings... It *is* nothing... My consciousness no longer exists. Instead, I have become an... 'it'... 'it'... 'it'... and 'it' is nothing and has nothing. Not even a single thought—*nothing*.

For an untold non-eternity in which 'it' is nothing, 'it' 'sleeps' unconsciously without dreaming. For 'it' does not exist. Dreaming does not exist. *Nothing exists*. Pure *unconsciousness* is 'it's' 'non-nature'. It is, and has also 'always' been its non-nature... Yet there is no time, for 'time' does not exist, either. Nor is there

'space' for 'it' to 'sleep' in, or 'not exist' in. Therefore, 'it' 'exists' in an 'un-state' of 'non-existence'. Again, nothing exists. Creation does not exist—yet.

Another non-moment in non-eternity goes by, and some 'thing', inside 'it', somehow begins to become aware of its 'non-awareness' and unwittingly starts to yearn for 'something' other than its 'non-awareness'. In this new and strange state unfamiliar to 'it's' non-consciousness, 'it' begins to discern this desired 'something'. Indeed, something inside 'it' wants to 'exist'.

This peculiar 'actualizing-want', if you will, wants 'it' to 'manifest', to 'actualize', and to somehow 'become'. In other words, it wants 'I'ness'. In fact, this peculiar 'want' wants to exist and become some 'thing' through 'it'. Because of this, 'it' no longer becomes interested in 'nothingness'.

Now 'it' desires this new and strange state of 'somethingness', which it has inadvertently become aware of. Because you see, in some way 'it' has become 'aroused' by all of this. Furthermore, 'it' now somehow knows that it can have anything that it can create. But what is 'create'...?

After pondering this mystery, 'it' realizes that while contemplating this puzzle it has somehow 'created' some 'thing' within itself. Much like when one falls asleep and begins to inadvertently create dream images. This has led 'it' to unintentionally create a rudimentary form of 'creation'! Thus, this newly acquired 'creative ability' enables 'it' to create other 'constructs' within itself, and while creating and playing with a number of these new and curious 'thought-things' or 'thought-constructs' 'it' has unintentionally created, 'it' becomes aware of what it is doing, and by doing this—by becoming aware of itself—'it' unwittingly becomes an "I"; for it has become self-aware or rather a *self-aware* unit of consciousness. Consequently, 'it' comes to be "I". "I am; and those thought-constructs within 'I-self' that I play with 'are', also." "I" thinks to itself.

Now "I" has begun to 'experience'. And because of this, "I" is yet again feeling something strange. Something that "I" has also come to create from its creation of 'creation' and 'experience'. You see, "I" is now 'feeling'. And "I" likes to 'feel'! "I" likes to feel "I"! "I" likes to feel 'like' "I"—very much so indeed. And also while doing this, "I" has inadvertently created 'joy'! "I" now rejoices in these intangible creations. For they make "I" 'rejoice' in itself.

"I" has never 'felt' "I'ness" before. But now that it has, "I" likes this new and peculiar 'state of being'. In fact, "I" likes very much to 'create' and 'experience' these curious 'thought-things'. It is its favorite pas'time'. Yet these peculiar qualities are also begetting other similar qualities, which please "I". Because of this, "I" comes to rejoice in these newly created qualities of being for untold non-eternities.

Another non-moment in non-eternity goes by, and "I" is no longer content with feeling, and being, and joy, and experience, and so on and so forth. You see, "I" now wants more. Therefore, "I" decides to use creation for something bigger and more awesome than what "I" has previously come to create. For "I" now wants something bigger and more awesome than itself. But can "I" do

.....I.....I.....I.....I.....I.....I.....I.....I.....I.....
I.....I.....I.....I.....I.....I..... I am still alone!!!” All of
 the “I’s” shockingly conclude to themselves, instantaneously-simultaneously.

“All of these “I’s”—which I have now become—are still that... “I”...! For if I feel joy, then all the “I’s” feel joy instantaneously-simultaneously! If I desire something, then all the “I’s” desire that *same* thing instantaneously-simultaneously! If I dream about dreaming, it is still I who is dreaming inside each one of my “I’s”! If I create anything, anything whatsoever, then all “I’s” are creating it instantaneously-simultaneously! For I’m inside every one of them! In fact, I *am* every single one of them! Which means that even though I have fragmented myself into all of these units, I am still alone... Because “I’s” are still *me!*” All of the “I’s” cry out, instantaneously-simultaneously.

Feeling this within their being, the “I’s” come to feel ‘disappointment’ for the first time, instantaneously-simultaneously. Feeling this within their being, the “I’s” come to feel ‘sympathy’ for themselves for the first time, instantaneously-simultaneously. Feeling this within their being, the “I’s” come to feel ‘sadness’ for the first time, instantaneously-simultaneously. Feeling this within their being, the “I’s” come to feel ‘anger’ for the first time, instantaneously-simultaneously.

As all these new and never-before felt emotions and feelings were coming to emerge—*instantaneously and simultaneously*—all the “I’s” realize something truly remarkable. Indeed, “I’s” are instantaneously and simultaneously coming to be more than what they were just mere ‘instants’ ago! That’s correct. The “I’s” are instantaneously and simultaneously further ‘evolving’ through these other newly created thought-constructs: disappointment, sadness, anger... In fact, because of this phenomenon, all the “I’s” realize that they are now instantaneously and simultaneously somehow coming to be more ‘complex’. Consequently, the “I’s” go on to enjoy themselves in this newly found psychological game of ‘being and becoming’ for non-eons of non-time. What’s more, they truly enjoy this ‘coming’ to be all of these different thought-things.

Eventually, the “I’s”—now even more sophisticated than before—come to yet another brilliant idea—*instantaneously-simultaneously*, of course. Which is this: Why not create another construct which would enable the “I’s” to play by experiencing these feelings, concepts, and even other ‘to be’ thought-constructs *s-e-q-u-e-n-t-i-a-l-l-y*, as opposed to *instantaneously-simultaneously*? Perhaps this may even allow them to ‘savor’ each and every ‘moment’ in eternity *individually*—in a way which the “I’s” had never done previously...! Giving this some thought they decide to do it. Consequently, all of the “I’s” *instantaneously and simultaneously* desire, dream, and therefore come to create ‘time’.

As it turns out, this new construct is a superb toy for all the “I’s”. Indeed, this new thought-construct, time, will now enable the “I’s” to come to these types of insights and realizations ‘in’ time, and *not* *instantaneously*! (Space,

on the other hand, allowed them to come to these realizations individually, and not all together and at once.) Furthermore, thanks to this new space and time combination, 'space-time', experiences will now be vastly different than previously for the "I's".

Growing more and more sophisticated than ever before—as now *time* went by—the "I's" decide to create yet another construct for their continued playful psychological enjoyment. One that would enable them to further challenge their ongoing development of "I'ness" or being. And they decide that the best way to play this new "I in the space-time playground game", would be to somehow 'forget' their genesis, 'forget' their nature, 'forget' their wholeness, 'forget' their unity, and most importantly, 'forget' what the game was about in the first place! You know, sort of like a game of 'hide and seek'...

So, full of inspiration, realizations, dreams and ideas, the "I's" 'come' to create yet another one of their many constructs, another one of their toys, if you will. This turns out to be 'forgetfulness'...

And because of this new thought-construct, forgetfulness, each and every one of the "I's" would come to the eventual realization of what each truly was, or rather *is*. Not only that, but because of the two other newly created constructs, space and time, or rather space-time, this 'realization' would come to each "I" at its own time *and* on its own individual space. Then, when each "I" finally arrived at this realization, or in other words, 're-member'—that's correct, *re-member*—they would come to realize that in reality they had all actually been playing a wonderful and challenging psychological game in the first place!

Again, this realization would eventually take place in their own *individual* space-time constructs. At some time... And, at their own leisure...

So, having partaken in this new thought-construct, each one of the "I's" came to forget what had gone on before forgetfulness was created. In turn, each one of the "I's"—some sooner, some later—would eventually come to feel and do what good old 'it' had felt and done initially—way back when, once upon a time... That's right, each and every "I" would eventually come to re-create all of what the pioneering 'it' had first created so many, many, untold eternities ago. Because by now that was their nature.

But, when would this happen? Well, that didn't matter. For it would eventually come to pass. Whenever... Wherever... There was no rush, you see. For the "I's" now had the gift and know-how of creating *anything* imaginable. And this creative drive and talent was embedded within their I-Selves; now and forever. And, deep down inside they *all* intuitively knew this! Not only that, but they now also had eternity in which to play, create, and come to *re-member* and re-member whom they really were, and are. This being the greatest creation in all of space-time: I.

COMMENTARY

This experience lasted about thirty-five minutes, and was clearly and forever embedded in my mind. The only aftereffects present after this experiment were the usual hangover and nausea, which vomiting and relaxing for a couple of hours took care of. Although I must confess that I laid in bed for almost an entire day, digesting all that had been given to me by Universal Intelligence. This whole experience was beyond anything I could have ever imagined. In fact, throughout the entire day and night following the experience I shed lots of tears. Indeed, this experience touched me very deeply; and I came to feel an immense sense of lovingness, humbleness, and gratefulness for being part of this 'thing', which had at some point in the past become a state of being. In essence, 'God'.

My human emotions made me feel tenderness and sympathy for this 'thing'—God—who had been alone for eons of time, even before time itself was created! Consequently, I knew that all of creation—*every single thing in existence*—and what we define as being 'real' and 'reality' are all inside the 'thing' or rather *state of being* we call God. That's correct. Not outside, but 'inside'—*within* its imagination.

This made me look at life and the entire world of human and non-human beings in a very different light. For I came to truly understand and *know* that I am *part* of *everyone* and of *everything*. And that *every* one and *every thing* is also a part of me. I recall that while all of these realizations were lingering in my mind, I thought about the great potential that the *proper* use of psychedelic substances offered in the psycho-spiritual development of human beings—those human beings who are *ready* to be 'awakened'. However, this is not for everyone. Not everyone has or will have these types of transcendent experiences—*unless and until their psyche is developed enough and ready to comprehend and accept them*.

I now also understood that there are different 'roads' leading to God—even chemical ones! And the reason that *all* of them lead to God—eventually—is because they were all created by God in the first place! Again, I was grateful beyond words to have been led to the path in which I now found myself on.

I have to say that this experience was, and is, *the* greatest gift *ever* given to me. God, I love you.

Date: October 11, 1997

Set: Mentally kind of foggy and tired. Emotionally bland. Physically very sleepy and relaxed.

Setting: My bedroom, 11:30 P.M.

Substance(s): salvia, psilocybin, MDMA

Amount: S: 5 leaves (chewed) P: 2 grams MDMA: 1/2 tablet

Technology: Photosonix Nova Pro

Settings: Session: #19 (dual binaural beats) Time: 23 min Volume: 50
Intensity: 40 Tone: Factory Preset (FP) Frequency: (FP) Pitch: (FP)
Mode: (FP) Frequency Range: 1-14 Hz

Stimulation Time: 21 min.

Method: I patiently chew and place the salvia leaves one by one in between my gums and up against my cheeks. (At this time I had not yet come across Daniel Siebert's concentrated tincture.) The taste is bitter, and this process takes about ten minutes. I wait another five minutes and proceed to ingest the powered psilocybin together with one glass of orange juice. Afterwards, I take the MDMA, and while I wait for the effects of this admixture to begin, I engage in a shamanic type prayer and invoke the consciousness of the salvia plant to enlighten me with her knowledge. At this point I have begun feeling the salvia effects, so I quickly put on the eyesets and headphones of the PHo (which is set for a delta session). After this I immediately lie down on my bed.

Code: S + P + X + (PHo)

EXPERIENCE

Gradual and slow onset within 30 minutes of ingesting all substances, peaking after another 5 minutes. Stable plateau for about 50 minutes. Back to baseline (somewhat!) in about 6 hours. I notice a peculiar numbness creeping up all the way from the bottom of my extremities up to the top of my head. The usual light show associated with photo-sonic stimulation is greatly and rather fantastically enhanced by the pharmacologically induced neurochemical changes taking place in my brain. After a few minutes, the sound and light effects become so pronounced that even though I'm seeing the lights behind my closed eyelids, it feels as though I'm looking at a laser light show with my eyes open. But within moments of this, I realize something strange. Even though I'm still experiencing the photo-sonic stimulation, I'm somehow aware of the fact that it has also already finished... Then, the instant I realize this, the sound and light patterns seemingly fast-forward themselves extremely fast to the end of the programmed session, so as to catch up with my mental cognition!

In hindsight, I estimate that the light and sound program had been over for about a minute or so, and my brain, in order to catch up with my sudden realization of this, enlisted one of its memory banks—probably the one in charge of short-term memory—to play back the sped up ‘recorded version’ of said last minute of the light and sound stimulation program!

As you can imagine, this left me rather perplexed. Meanwhile, there is a familiar feeling at the pit of my stomach, which results from my ingestion of LSD. This feeling is reminiscent of the ‘butterflies’ that one usually gets when being in love. Although for this experiment I have not ingested LSD. Instead, I’ve taken MDMA. However, the reason for this peculiar feeling might be the intake of salvia together with the psilocybin and MDMA.

Anyway, by this point, I notice that I have fallen asleep, or rather that my body has, yet I am cognitive. But I am not out of my body, yet. As I lay in bed enjoying the geometric-like intricate patterns that are still dancing before my mind’s eye, I commence to experience another odd sensation. I feel a very gentle massage on my feet! But this does not scare me at all. On the contrary, not only does it relax me, but I also become intrigued by the gentleness of the invisible soft hands. I try to mentally communicate with whomever or whatever is doing this by asking its name. But when I receive a replay mentally, I can’t seem to make it out. So I ask again.

Still, I can’t fully make it out. It’s something like ‘Nelly’ or ‘Millie’, but that’s not quite it. In addition, I now find myself in a very playful mood thanks to the foot massage. So again I ask for a name, but this time I mentally project a strong thought and desire. “Spell-it-out.” I mentally command.

“M - N - E - M - I - N - E - L - L - I - E. My name is Mneminellie.”

To which I replay: “Neminellie?”

“Close, very close.” The imageless voice said. “MMMM - ne - mi - ne - lie. You have to give emphasis to the MMM-sound before saying neminellie. It’s MMM-neminellie, in one quick spur.” [pronounced: um - nah - me - nah - li (or lee)]

“Oh, I got it, MMM-neminellie! Mneminellie! That’s a cool name.” I mentally shout back.

“Are you the salvia spirit?” I continued.

“No, I am not.” She firmly said. “What’s your name?”

“Oh I’ve got a really easy and simple name. It’s just Joey. Listen Mneminellie, I can’t seem to get out of my body, or see you for that matter, can you help me out?”

Before getting to the last word of the sentence I was mentally projecting, I feel a pair of warm hands reach inside my physical body and pull me out from the waste up, by grabbing unto my shoulders. As soon as this happens, the female voice I’d been talking to comes into full view. I am pleasantly surprised to find that not only is the being I’ve been communicating with an extremely at-

tractive young woman, but that she's also completely naked!

I recall that she appeared to be in her late teens or early twenties. She was tall, probably about five-seven or five-foot eight, voluptuous, and had long hair with loose, thick curls. The color of it was bright burgundy red, and she had large cat-green eyes and fair skin. Since this wasn't the first time I had been involved in a situation like this—being out of my body with a woman that I found myself attracted to—I grab her and ask her if she's thinking what I'm thinking.

"I am; and I'd love to merge my energy-essence with yours." She responds.

Having said that, we immediately embrace and begin to eagerly kiss rather passionately; and within a few seconds of kissing, I notice that both of our bodies are shimmering. There is an 'ethereal' quality to them now. I also note that our skin commences to sort of phase in and out of focus. What I mean is that the ethereal shimmering that our bodies are displaying alternate between flesh tone color and an ethereal-like substance quality. Moreover, this body change seems to take place according to our state of emotional intensity.

I have to emphasize that the feel of her skin and of her touch was very real. She was as solid and real as you and I, are. And she somehow knew exactly what I was thinking and vice versa, for that's how we were communicating. I must also confess that my sexual desire for her was equally as real, if not more real than real!

As I start gently caressing her breasts, I begin to feel the urge to taste them and put them in my mouth. As this thought is crossing my mind, she immediately pulls my head down towards them. So I proceed to eagerly kiss her breasts. As I'm enjoying myself she throws her head back; while moaning in ecstasy. "There is no safer sex than non-physical sex!" I inwardly chuckle to myself. "I can't believe this is happening to me. This is great!" By this time I have completely rolled out of my physical body and am lying next to it, while Mneminellie is sitting on top of my non-physical body. The feelings I am experiencing by now are beyond words.

Within moments we are definitively merging our energy essence's out—if you know what I mean. As I look up at her, I both see, and feel her, rapidly and rhythmically moving back and forth, as well as powerfully grinding herself into me. This causes an incredible luminescence effect to emanate from her body. Sparks start flying out of her, literally! Because of this, there is a fantastic light show happening in my bedroom. The whole place is continuously lighting up with quick and continuous bursts of luminescence. In that sense, it looks as if there's a fourth of July celebration going on inside my bedroom!

In the middle of all this commotion, I briefly notice a couple of magazines that are next to my bed, on top of one of my nightstands; which feature various famous female entertainers, such as Carmen Electra and Jenny McCarthy. Inadvertently, my imagination starts to run away with itself, as a result of the quick flashing images coming into my awareness from those magazines, which

again, are no more than a few inches away from me. Then, as Mneminellie finally culminates her 'light show' in to what I can only describe as a huge supernova, she leans over to kiss me, and then rolls over next to me. Still excited and mentally aroused, I climb on top of her so as to 'spark out' myself.

Looking down at her from above, I realize what a beautiful woman she truly is. As I begin imitating her earlier grinding movements and rhythmic motions, I too begin to light up the room. But as I'm engaged in this activity, once again the images of the magazines come into my sight and awareness. However, this time my naughty nature takes over, and as I am looking down at Mneminellie—while she is moaning, groaning, and beginning to light up and spark out again—I 'accidentally' begin to think about the magazine images; and consequently they commence to appear before my mind's eye. This causes me to get even more excited than before, and therefore causes me to light up and spark out just like Mneminellie is doing, but with much more intensity.

Then, in the heat of the moment, I lean over and proceed to take one of Mneminellie's breasts to my mouth again. As I am savoring the 'moment', if you will (as well as her right breast), one of the model's images from the magazines again flashes through my mind. Suddenly, I feel something very peculiar. Mneminellie's breast starts to not only taste different, but also begins to 'move' inside my mouth. In fact, it becomes a bit smaller, and as I open my eyes to see the other one, I witness something startling. The entire breast, including the nipple, has morphed into a completely different breast! Backing myself up and away from Mneminellie's chest to get a better view of it, I receive yet another surprise. Mneminellie is smiling at me, and is also in the process of completely morphing herself, right before my eyes, into the woman in the magazine that was on my mind just a few moments ago!

"You like?" She asks me with a knowing smile.

"Y-Y-Yeah, wow! That's unbelievable! I'm now making love to _____!!! (Note: Insert here any movie star or Supermodel you like).

As you can imagine, my mind is now racing with multiple possibilities. No, limitless possibilities; no, endless possibilities!!! While I'm flashing and sparking out—and catching on to what's happening—I start to remember—and therefore imagining—one of my ex-girlfriends. And, again, right before my eyes, Mneminellie begins to transform herself into her! This continues to turn me on of course, so I keep kissing her even more passionately, and proceed to take the newly produced and now larger breast and nipple to my mouth once more.

Let me tell you that this was like letting a little kid loose inside a candy store! Indeed, no sooner did I think about an ex-girlfriend, or movie star, or Supermodel, and boom! There she'd be, right in front of me, hot and willing, and for me to enjoy in all of her naked and sexual glory. As my mind continued to imagine woman after woman—an endless array, all shapes, colors and sizes :) —Mneminellie shouts, "Stop! Stop! You are an ass!"

"I'm-I'm-I'm sorry, Mneminellie, I didn't mean to hurt you in any way." I

said apologetically.

"Yeah?" "Well go *fuck* yourself!" She countered.

"I swear Mneminellie, I won't ask you to do that changing thing again, really. I mean it! I'm sorry." I continued still apologizing.

"Well.... That's okay, Joey. I didn't mean to lash out at you like that, either. It wasn't just you, you know? I was a willing participant too. Go ahead and don't stop... Oh, don't stop...! This energy-essence melding feels wonderful, don't you agree?" Mneminellie finally concludes.

"Y-Yes....!" Is my only utterance.

As I close my eyes from all of the pleasure I was again beginning to receive and experience—both from my thrusting into her as well as from the sexy womanly sounds she was making—I open my eyes to share with her the delicious and explosive light show that we're about to become. But, when I do, I see something that makes me scream in shock.

"AHHHHH!!!!!" I yell at the top of my lungs.

There it was... An exact replica of me, right in front of me, where Mneminellie had been just a few moments ago. Except that this replica of me had a vagina! So that meant that for the past few moments I had been literally *fucking* myself! So I quickly and shockingly disengage myself from 'myself'. As I am doing this, the replica starts laughing out hysterically and begins morphing into Mneminellie once again.

"I'm sorry Joey, I just couldn't resist! You had it coming!" She said.

Realizing what Mneminellie had just pulled on me, I countered, "Touché!" and start laughing hardy myself. Unfortunately, this causes an involuntary jolt and instantaneous return to my physical awareness. Nonetheless, I quickly get out my voice-activated tape recorder and save to tape what has just occurred.

COMMENTARY

This is one of the more memorable experiences I've had. I'm sure that many of you have heard of the term 'astral sex'. (I too was surprised by the fact that this type of non-physical sex was similar to physical sex.) Although I firmly believe that all paranormal experiences are colored—at least to a degree—by the perceiver's conscious mind and memory banks. Much like I explained earlier about how we process hallucinations (in the dimenhydrinate section). Nonetheless, I could have never dreamed up of a sexual experience like the one I just shared with you. Details such as the morphing of her breasts and body are just too clever for me to have consciously imagined.

Since, Mneminellie and I have become good friends. I have even written a couple of songs about her. I've also come to learn that she belongs to my Overmind. As it turns out, she's from a reality system called Sagittarius. (I know that sounds just like the name of the horoscope symbol, but that's the

name she gave me.) Apparently, all languages spring from the same source. Therefore, words and names that mean one thing somewhere, mean something completely different elsewhere. I theorize that this maybe due to the fact that all species are interconnected through a universal collective unconscious, which encompasses all creatures and things.

Mneminellie has told me that she used to be human like I am now, and that in order to meet with me she comes in her prior form—human. According to her, she is from the next step in the evolution of the human species. When communicating with her, I have asked her if there was a way we could meet with each other at prearranged times. Unfortunately, she has told me that this is very difficult, for her sense of space and time is different than mine. Moreover, she stated that the only way to meet each other is by psychic synchronicity, and inside our respective dreamstates. Which means that if I happen to think about her intensely enough, during *my* dreamstate, and at the same exact time that *she* is thinking of me (also in her dreamstate), then both of our *mental* and *psychic* feelings converge and form a type of ‘wormhole’ or tunnel, which can then be used by us to travel through and meet each other in our dreamstates.

Although we both thought that our first meeting in my present lifetime was accidental, I later learned that it had been arranged by our Overmind, Keldam, simply for the sake of the experience. It was sort of a gift to both of us. As you can imagine, she is a bit more mentally and psychically developed than me, for her manipulation of reality is much more advanced than mine is. Indeed, it is superb.

Perhaps in the future I will share other encounters I have had with my dear friend Mneminellie. By the way, the physical recovery time of this particular combination of brain technology and psychedelic substances was a serious drag. I experienced extreme mental fuzziness for almost two days thereafter.

Date: August 2, 15, & 28, 1998

Set: Mentally aroused. Emotionally fine but a bit excited. Physically relaxed.

Setting: My home office, 11:00 P.M.

Substance(s): ketamine

Amount: 80 mg. (each time)

Technology: Hemi-Sync CD: “TimeOut”

Settings: Track 8 (7: 39) x 2, and Track 6 (7: 59) x 3

Stimulation Time: 37: 55 (thirty-seven minutes and fifty-five seconds)

Method: I program the CD player to play the sequence above, and then inject the ketamine into my left thigh. After this, I immediately proceed to accommodate myself conformably in my home office recliner.

Code: K + (H-D "TimeOut")

EXPERIENCE

I, like most people in the United States, have come to hear about the JonBonet Ramsey murder case. And because of the experiments I was conducting at the time, I became intrigued and therefore went on to make three attempts at finding out who murdered her, using the OBE state as a tool. In the following narrative I will condense all three of my attempts, including an unexpected encounter I had with JonBonet herself. Although I have to admit that at times I felt compelled not include this particular experience in my book; for I do not want people to think I am doing it to sell books. In fact, I will refuse to talk about these three particular experiences after this book goes to print.

However, I felt that since I was curious enough to involve myself with this case in the first place, I should be honest with myself—first and foremost—and therefore include the results of my investigations. I will leave it up to your discretion to interpret what I have found. I, of course, cannot guarantee that any of this information is valid in any way. (Remember what I said at the beginning of this book about having to be careful about what I write or say.)

To those of you who have not had an OBE, and want "hard evidence" or "proof" that what I depict here is true, or proof that I was in fact at the Ramsey residence in an OBE state, I have to regrettably say that I cannot prove to you that OBE's are real; nor that I was at JonBonet's home. On the other hand, those of you who have personally experienced OBE's can at least give me the benefit-of-the-doubt that what I saw and experienced was as real and valid as your own OBE's.

Also, understand that we, as a society, are unfortunately in a state of naive infantilism, and therefore not yet ready to accept that human beings have many untapped mental abilities beyond anything imaginable. Moreover, the human species are all interconnected through the collective unconscious and therefore have access to each other's minds, thoughts and 'secrets'. 'Secrets' as such then, *do not really exist*. Hopefully the time will soon come when we can deal with this *fact*, and therefore do away with our present legal system, and even with lies, control, cheating, and even murder that are so prevalent in our society. Because you see, the law may be blind, but the human mind—in its true form: unconditioned and free from illusory beliefs—is not.

In fact, the only reason why murder exists in our present society is because we have conditioned ourselves into believing that a consciousness can be annihilated and therefore silenced. But in reality this is an illusion; just as space and time are also illusions, and in reality nothing more than mental projections. Well, having said that, I will now present you with how I came to develop my experiments at the time, and what I found during them.

Thinking about this event, I wondered if I could go back in time while in an out-of-body state and witness what happened that fateful night of December 25, 1996. As mentioned earlier, this type of ability—psychological time travel—had become one of my major goals since coming to find that some of the military employed psychics had the ability to do this. As I mentioned previously, psychics Pat Price and US Army Major David Morehouse allegedly had the uncanny ability to be at any location in the space-time continuum they so desired, via the OBE state. And, having had a number of OBE's in the past myself, I wondered if I could achieve a highly controlled and 'uncolored' type of earthbound OBE, which is what would be needed in order to collect highly accurate and valid psychic data relating to this particular incident.

Because of my previous research, I knew that the key to the OBE state was in the dreamstate. But I really could not use lucid dreaming, for that meant that I would become aware that I was out of my body *after-the-fact*. And, *after-the-fact*, meant I was no longer in the physical dimension, but rather on some other one—oftentimes a dream system or another probability continuum all together. So, the trick here was to go *into* the dreamstate in full *focused* awareness. Because you see, if I waited until I was sleepy enough in order to get my dreaming neurochemical juices going (tryptamines among others), chances were I would lose my focus, intent, and sometimes even sense of ego/identity. (At this point, I hadn't made my breakthrough with LSD and hypnagogic imagery.) And, based on my previous experiments, I knew that this would cause me to focus *away* from our Earth's PdS. Hence, I would without a doubt see something other than the actual event.

(Let me again remind you that I have found that small dosages of LSD taken before an afternoon REM sleep cycle results in one's mind remaining in *this* PDFD. I theorize that this may be due—at least in part—to the fact that LSD molecules resemble those of *serotonin*, and therefore the brain reacts, or rather perceives [see's] something that very much resembles its usual neurotransmitter-perceived reality more readily. As mentioned earlier, I believe that our PDFD is mostly a serotonin-induced altered state of consciousness.)

Anyway, given all those parameters, I concluded that in order to achieve the highly focused psychic state I desired, I had to disengage my consciousness from its linear and then focus-point (August 8, 1998), and cause it to refocus on the same linear space-time continuum and *not* on a probable one, at said date. This would then be the Night of December 25 or morning of December 26, 1996, roughly between 9 p.m. and 1 a.m.—given the coroner's estimated

time of JonBonet Ramsey's death. So, I concluded that the only way for me to accomplish this—again, at the time—was by the use of a medium low-level dose of ketamine; which would enable me to become dissociated from our physical reality continuum just a little bit—unfocused from it, if you will—yet still retain my sense of human identity, awareness, and intended purpose. However, in order to obtain the *visuals* pertaining to the targeted event, I would have to cause my brain to immediately release tryptamines (responsible for dreaming). And I reasoned that this could be accomplished by using binaural REM sleep frequencies, which induce this quite adequately. Hence, I would be able to dream (*see*) in a highly focused manner an earthbound and state-specific space-time event.

Hey, I figured the experiment was worth a shot. If it worked, that meant that I had just cracked the code for the highly precise out-of-body conscious awareness that is needed in order to transcend our mind-created linear space-time continuum (PDFD). This was something that I had been wracking my brains over for a while. So, excited by those implications, I decided to give my theory a try.

First Attempt.—After putting on my headphones and as the pleasing hemi-sync tones were beginning to synchronize both of my brain hemispheres, I made myself comfortable on my home office recliner. Next, I proceeded to inject the awaiting dose of ketamine into my left thigh. I then began to describe out loud a brief outline of my experiment into an overhead microphone. For I had started to try and record my explorations in real-time. (But this didn't workout very well, for all of the body's muscles become paralyzed when using this substance. However, this is not the case with LSD.)

Then, for a very brief period of time—until the pharmacological effects of ketamine began—I preprogrammed my coming voyage with the following command: "Go to the night of December 25, 1996, and see the murder of JonBonet Ramsey", which I repeated as many times as I could. Within two minutes of injection, the nauseating effects of ketamine began coming over me. I felt my eyes roll back and my body started to become paralyzed, while my mouth remained almost halfway open.

In seconds my sense of being began to spin round and round, and continued in a circular motion until it seemed as if I was going to spin out of my 'axis', out of my normal state of mind, out of control. At this point the REM binaural frequencies became my only lifeline to my self-conscious awareness; and within moments, I became completely engulfed by a ravishing centrifugal force that eventually culminated by forcefully and rather violently ripping me out of my body and shooting me into hyperspace.

I raced through the dark tunnel at an indescribable speed, faster than what I had traveled in the past—at least this was my sense. I also felt an overwhelming raw energetic force engulf my consciousness. This in turn made me feel like a

comet or a shooting star. The speed was staggering, and, as usual, I could not close my eyes. A few moments later, hues of materiality began to become discernible within the ethereal-like mist that I was traveling through. My speed gradually began slowing down, and in a few more seconds, I glided into a physical reality urban scene. I found myself floating above a number of houses and began descending towards a large dark-colored mansion. Although it was nighttime, the entire area was somewhat illuminated from the Christmas lighting that adorned the town's neighborhood homes, which made it possible for me to see.

As my non-physical body went through the roof, everything went black, but within one second or so I was hovering above a large living room area. Although it was dark, I had a sense of grayish night vision. While I was experiencing all of this I had the sensation of being underwater, for I had no weight and felt no gravity to pull me down. This caused me to struggle up in the air a bit. For I was trying to reach the floor and move horizontally—the way one normally walks—as opposed to the ceiling-level floating I was experiencing.

The achieving of this was imperative to me, for I wanted to have as good a perspective of my surroundings as possible. From what I had gathered so far, the place I now found myself at seemed to be a two or three story house. After horizontally floating away from the carpeted living room, I immediately came to a large wooden floor hallway that had a stairway going up. I did see at least one floor rest. My problem was that I had no idea where JonBonet's room was, or whether she and her parents were even home yet. Because you see, there was no way of me telling what time of night it was.

So I decided to check upstairs and see if the bedrooms were there. As soon as I had this thought, I instantaneously found myself in a small dark hallway, which took me into an open area. At this point I gave myself the mental command to start remembering details about what I was encountering in the house while looking for the bedrooms, for I knew that I only had but a few minutes in this out-of-body state.

One of the things I clearly remember seeing was an American Indian-style motif artwork that hung on one of the hallway's walls. I also remember seeing a fireplace on an upper floor, which struck me as odd, because at least here in Florida—where I live—all fireplaces are on the ground floor. Another thing I remember seeing was a room that had a very impressive and expensive-looking bar, completely leather bound, stools and all. It also boasted a large number of liquor bottles. Along with this there was a large arcade style video game on the side of the bar.

However, I never got the opportunity to see what type of game it was, for while in the process of doing all of this, I started to feel like a thief in the night, intruding on someone else's home. For I was doing this without the homeowner's knowledge or consent. But my purpose was to see how JonBonet had been murdered and who did it. So I felt that my non-physical prowling was

at least justifiable in that sense. While in this non-physical 'phantom state', if you will, something incredible dawned on me. The moment I see how this child was murdered, and who did it, I will become a witness in an ongoing murder investigation! Instantly I found myself back in my body, lying on my home office recliner. The binaural frequencies had stopped, and the CD player was on idle. And although I still felt kind of groggy, I did my usual audiotape recording of the exploration.

Second Attempt.- I had to wait almost two weeks before engaging in another voyage to the past. This was not only due to the sometimes adverse effects that ketamine has over my body and mind, but also to the way these experiences were starting to affect my psyche. I mean, by this point in my development, I was pretty confident with what I knew about time, space and altered states of consciousness. I also knew what I was capable of, both mentally and psychically. So there was no doubt in my mind that I had definitely been at the intended target, and if there were some distortions—which I'm sure there were—they were minimal. But to actually reflect on what it was I was doing at the time was a little 'heavy', if you will.

In fact, after this second attempt, which I will share with you momentarily, a part of me began to dissolve. This being my belief in the 'supposed' unbreakable barriers of space and time. Moreover, I now knew first-hand—both from personal experience as well as from intellectual research—that space-time was a product of the human mind. Still, this realization was just a little too much for my conscious mind to handle at times.

As a result of this and other similar realizations, I knew that psychologically I was now waaayyy different than the average individual—more so that I had been in the past. This does not mean that I was better or worse than any individual per se, it just meant that I was different. In addition, whenever I was around 'normal' people, I had to consciously 'act' at being normal like them, so as to properly function in society. But I honestly was no longer interested in mundane and worldly things such as family, hanging out, chicks, going out with friends, politics, current events, etc. None of those things interested me anymore—even though I was only thirty-two years old at the time.

Indeed, during this period of my life all I did was hook myself up to my EEG and other brain technology devices, ingest various combinations of psychedelic substances, interpreted the resulting brainwave patterns, and spent most of my free time in hyperspace. In fact, even while I was eating or showering, I was constantly working out theories in my head having to do with the mechanics of consciousness and of the physical dimension.

And because of this particular focus it got to the point where I constantly had so much information coming in through to my awareness that I intuitively knew that I had to start writing it all down. Although at the time I never thought these writings would turn into a book. Moreover, I instinctively knew

that somehow I was uncovering the secrets behind *reality itself*, and that 'something' within me was helping me along.

I know that that sounds weird. Perhaps also mad, delusional, and even egotistical on my part. For how can I even dare to think that an individual such as myself—with barely a high school education, let alone a science or medical degree—come to do such a thing. However, there was a deeply rooted *knowingness* within me that told me that that's exactly what I was doing. And that under no circumstance was I to stop it. But the fact is that *I did not want to stop it!*

In fact, while doing all of these experiments I felt 'normal'. And even though I was alone, I wasn't lonely. Even though I did not have female companionship, I did not miss it. (Yet I must confess that I have always had, and continue to have an extremely high libido.) Nonetheless, even without somebody by my side, I felt *whole*. Indeed, at this one point in my life unlike any other, I felt like myself. That's right; I felt like *my SELF!*

Anyway, let me now continue with my second attempt. On my next non-physical visit to the Ramsey home, I found myself in a dark bedroom. There were two single beds in that bedroom, but the second bed was empty. What struck me as odd however, was that I saw JonBonet's mother lying in bed asleep, holding her son in her arms. Then, as I was heading towards the door to continue my search for JonBonet, I was suddenly startled by JonBonet herself! She was wearing a white gown and thick furry flipflops. She was also carrying something that she held up to her chest with one of her arms. I could not make out what it was, but the surprising thing however, was the fact that she could see me! Because of this, I thought that I had fallen into a deeper stage of sleep than the one I had been in on my previous exploration, and was therefore hallucinating JonBonet, and maybe even the entire event.

Nonetheless, I decided to give myself the benefit-of-the-doubt and go along with what I was experiencing. So I kneeled down and carefully took JonBonet by her little shoulders and said to her that I had been looking for her, that I was happy to see her, and that I wanted to find out what had happened. Unfortunately for me, but fortunately for her—in a way—she did not realize that she had been murdered—at least not at the particular space-time (or perhaps probability) window I had arrived in.

I recall that while I was kneeling down talking to her, she kept touching my nose with her little index finger in a friendly and playful manner; and asking me who I was, why was it that I wanted to know what had happened to her, what did I mean by this, and what was it that I was doing in her house. It then dawned on me that I was talking to a dead child. This realization abruptly and forcefully brought me back to my physical body.

I reflected on what had happened and I proceeded to record the details, but I was emotionally let down by the whole experience. Had that really been JonBonet, or had I been hallucinating the whole thing? Since it was rather late and I felt mentally tired from the whole experience, I got up from my recliner and

went to bed. Later on that same night I had a lucid dream with Ebhrious. In it I asked him to tell me the reason why I couldn't see the actual murder taking place. I also asked him why it was that I kept abruptly coming back to my body every time I seemed to be getting close to witnessing the homicide—this being the case so far on both of my experiments.

Ebhrious told me that the reason for this was because I had not yet developed a certain part of my psyche, the 'dark' part of it, if you will, that would enable me to see, experience, and *retain* said act in my conscious mind's memory banks, which my conscious mind interpreted as abominable. In so many words he continued by saying that human beings have an innate psychological faculty embedded within them that has been programmed by the evolutionary process to reject and avoid any possible prospects and threats of danger. Especially death, at all costs. He called this faculty the "survival instinct".

He continued on by saying that if I wished to attain my intended purpose, I would have to develop said part of my psyche so as to accept the psycho-energetic data associated with the 'concept' of murder, terror, suffering, tragic death, etc. However, he said that I had already actually *seen* what had happened to JonBonet on my first attempt (!), but that what had brought me back so abruptly is a mechanism, which, according to Dr. Prestidius is called the "psychic data surge regulator" (PDSR).

This mechanism, which exists between the conscious and the subconscious mind, acts as a protective censor that shields the conscious mind from sudden transfer of psychological data that an individual's ego is not ready to assimilate or accept; and which could otherwise overload, shock, and even damage the delicate aspect of the ego. And, also according to Dr. Prestidius this mechanism, although not physical, acts on the brain in a physical manner.

Supposedly, it inhibits the manufacturing of acetylcholine, as well as stops the temporal cortex from relaying data to the hyppocampus—resulting in sort of a 'psychic amnesia'. It was explained to me that this mechanism could sometimes be noticed right after regaining consciousness after a dream or transcendent experience.

Indeed, as it engages, I have felt that the flow of data from the subconscious to the conscious mind is immediately closed down. In a way it feels as though a curtain is closed over the memory(s) of a particular experience(s). Nonetheless, this information is stored in the subconscious mind; and can be retrieved, if so desired, by putting said person under a state of deep hypnosis. Or, the data may surface to the conscious mind all by itself when the ego of said individual is psychically and psychologically developed enough to accept it.

Ebhrious explained to me that the sensation of coming back to my body was this mechanism engaging itself, and is what masked the actual murder event from being transferred to my conscious mind. He also added that even though there was nothing wrong with what I was attempting to do, I still had to be extremely careful if I desired to continue with this particular phase of my

development, for it could have adverse psychological effects on me. Nonetheless, the visually encoded information of said event was already embedded in my psyche, and the trick now was how to retrieve it. If and when I did retrieve it, he said that this recall would take the form of me experiencing and seeing the event again 'for the first time'.

However, he repeatedly emphasized that since I had already been there in the past, and at *that* past, by me remembering this episode I would actually be sending another facet of myself, or rather a QPSYEMP, back into my subconscious mind to retrieve it; since said event had now become embedded in my mind, as well as in my brain, as a neurological pattern. In fact, he added that psychically *I was now part of the event!* Furthermore, I would also be able to actually see 'me' (as the QSYEMP) there, in the past, at the event, witnessing it; and in essence there would be two of 'us' there!

As you can imagine, this left my mind reeling. When I proceeded to ask him how it was that I could develop my mind in the way he had described, he explained that this could be accomplished in the same fashion I had trained my consciousness earlier. Which was by the input of information regarding the subject of interest.

When I awoke the next morning, said lucid dream and all of what I had been told, was still fresh in my memory; so I proceed to record it on tape. Later on that same day I went to a bookstore and bought a couple of volumes on the subject. Two of these books were by FBI profiler John Douglas and novelist Mark Olshaker, entitled: "Mind Hunter", Inside the FBI's Elite Serial Crime Unit, and also, "Journey into Darkness", The FBI's Premier Investigator Penetrates the Minds and Motives of the Most Terrifying Serial Killers. The other book was entitled: "The Night Stalker", The Life and Crimes of Richard Ramirez, by Philip Carlo.

So for the next week or so I not only devoured those books, but also became obsessed with the task of retrieving the information which supposedly was stored in my subconscious mind—how and who murdered JonBonet Ramsey. Let me say that what I came to find in those books not only scared the wits out of me, but also utterly horrified me. Indeed, the writers where very graphic and explicit at describing the gruesome murders. But the insights I got into the psyche of the killers, provided by FBI profiler John Douglas in particular, were not only worth it, but they really achieved what I had intended.

Yes, as a result of what I was reading, a 'part' of me now understood the nature of the predator. In fact, for all intents and purposes, I became a predator myself. A predator who was out for 'blood'. But this lust for blood was not for innocent victims; rather, it was for the *truth* behind the murder of said child.

As I read those books, it felt as though I was installing a computer software program into a 'hard drive'—my brain. Furthermore, because of these new studies, I was no longer the same innocent individual I had been just a few weeks before. In fact, I had lost yet another layer of innocence, and had also

become painfully aware of the horrors that the human mind is also capable of. In the past I had come to know much beauty and childlike playfulness in my experiences. But now I had encountered the 'dark side' or opposite polarity of consciousness. Because of this, I was now aware of the 'dark', much as I had experienced the 'light'.

Unbeknown to me however, my overall consciousness was soon to obtain a state of both Yin and Yang. Furthermore, I felt as though in some strange kind of way I had 'come of age', if you will. In that regard, not only had my good and playful nature been brought out by my prior studies, but, now because of these recent ones, I felt as though my 'dark side' had come to surface *seeking* to be *recognized*. In that sense, 'it'—*all* of it—was becoming unleashed.

Third Attempt.— Within moments of the separation I found myself hovering above the murder scene in my phantom body. This event was taking place in a darkened bedroom, as a result of electronically dimmed lighting. There was only one person involved at the time with JonBonet, but will not describe 'him/her' or 'his/her' age for obvious reasons. All I will say here is that said person was engaged in a sexually explicit and perverted act of sorts with the child. The death of JonBonet Ramsey took place *during* the *molestation* and was *accidental*. A murder was later *staged*. I go on record here by saying that she was not raped, but rather molested. Almost all of the injuries and head trauma to JonBonet were fabricated *after the fact* by another individual involved in the cover-up in order to hide what really happened. Sorry for being so vague, but that's all I am going to say about it—*ever*. Period.

I also recall that while I was witnessing the event, I saw 'me' there at the past hovering above the scene, just as Ebhrious said I would. But that other 'me' did not notice me. Instead, he was looking at what was happening. To me this was fascinating. However, because of what was taking place below, I could not really fully enjoy the strange phenomena, as you can well understand. I cannot begin to tell you how much this entire incident affected me, both emotionally as well as psychologically.

Because you see, on the one hand I was experiencing the marvelous ability of the human mind, and on the other I was seeing and experiencing its despicable and capable horrors. While all of this was happening, I found myself questioning the nature of God. As I witnessed the event, I cringed at the perversions inflicted on the child. And I uncontrollably cried when the accidental death resulted. Inwardly, as I wept in anger, I questioned defiantly:

"Is this what wholeness means? Must this horror exist for beauty to be what it is? Is this also the nature of you, God? Ah?!? Are you also a monster? If you're supposed to be so omniscient and omnipotent, then how the hell could you let this happen, ah?!? It doesn't make any sense. How can you let this happen?" Why didn't *you* stop it?!? You bastard! Is this shit amusing to you? This just doesn't make any sense!!! It just doesn't make any fucking sense!! This isn't

right! What kind of intelligent and loving creator are you, uh?!! What kinda' sick fuck are you, 'God'?!!! Uh?!? You're is sick fuck!! Fuck you! Fuck you! Fuck...! You!!!!!!!"

While I was shouting in defiance—full of anger and rage—I abruptly found myself inside what appeared to be some kind of psychic whirlwind; and within moments, I was back at my apartment hovering over my physical body. This was strange to me, for I usually snapped right into it instantaneously. But this wasn't the case now. Then, without warning, I felt what I can only describe as an extremely powerful and dark energy or force that was now in my apartment with me. It was like a dark storm cloud, which my consciousness tuned in to as soon as I became aware of it.

This mysterious force proceeded to shoot a couple of laser-like energy beams towards me (in my non-physical body), and when one of the beams hit me, I blanked out for a split second; when I came to, I found myself in a dark and cloudy abyss of sorts. It was sort of a vacuum that was permeated by extremely loud and dreadful screams and cries of horror and anguish, as well as by graphically explicit and violent thoughts of murder, rape, massacre, and just plain tormented and anguished death.

As I was experiencing this, something inside me immediately told me that I was now in grave danger. Let me tell you that in all of my experiences I had never before had this type of feeling of dread come over me. Something had gone wrong—way wrong. So I called out for help to Ebhrious, FM, Jesus, Buddha, Muhammad, even Mneminellie. But nothing happened. No one came. It seemed that I was on my own. I then felt an extremely potent pressure come over me, which caused me to scream in terror, fear and confusion. The pressure was unbearable. But an instant later, I was out of that horrifying dark hole and was again back in my apartment—but still out of my body.

Floating in my living room, above my physical body, I noticed that the dark cloud of energy I was fighting with had now acquired a humanoid shape. In a way, it resembled the bulky look of an astronaut's suit. It also had a translucent yet black quality to it. In fact, because of this, it somehow shimmered with blackness. My first impulse/reflex was of course to get back into my body, for I was afraid that this 'thing' wanted to enter it or attack it—as it had been attacking me. But before I could even attempt to do this, the thing lashed out at me and proceeded to bear hug me, thereby squeezing me so unbelievably hard that I felt my life force literally come out of me.

I cannot express the feeling of horror and anguish I was feeling by this time. Moreover, I felt that I was not only fighting for my life, but also for my soul. I thought to myself that either I overcame this thing, creature, monster—whatever it was—or this was my last OBE in this lifetime. Moreover, because of the 360-degree angle of vision I have when in the out-of-body state, I could not only witness the creature crushing me, but I could also see my physical body lying on the recliner going into convulsions—with eyes rolled back and mouth

halfway open. Images of some of my previous experiences, as well as the ones I had just witnessed from the JonBonet incident came into my mind, and gave me the tragic sense that it was all coming to an end. It then dawned on me that life, as I knew it, was about to be over; and was to be replaced by confusion, grief, madness, and death.

How could I have let it gotten so far out of hand? What was I doing? What the hell had I gotten myself into? What was I trying to prove? By this point in time my mind felt as if it was reeling with all kinds of disjointed thoughts. In that sense, it felt as a computer gone berserk. Full of terror, torment, anguish and anxiety, I kept trying to pry myself loose from the entity's clutches, but it was to no avail. I simply could not do it. Finally, when I no longer could continue the fight, I simply gave up and became resigned to my fate. At that very moment something else happened. Three bright flashes of electric blue light, similar to the earlier ones, suddenly appeared in front of me and headed towards the creature and I. Then, right on impact, they exploded both of us.

The next thing I knew, I was coming to inside my body. The first sensations I regained were those of my mouth muscles and the feeling of saliva going down and wetting my dry throat. Nonetheless, I was still feeling the previous terror I had just been through. And I could still hear the horrifying screams I had encountered when I first entered the dark cloud's vacuum.

As I swallowed a couple of times more, and while completely regaining my physical consciousness, I saw a number of bright yellow and orange sparks—similar to the ones you get from putting the two ends of a set of jump cables together while charging a battery—bouncing off the walls and circling my home office. I also heard extremely loud and powerful thumps, which I noticed were moving through the various walls of my apartment, as well as through my desk and recliner. Shocked, disturbed and horrified, I laid immobile on my recliner, shivering. I was also sweating very profusely—but noticed that my sweat was ice-cold.

For the first time since my experiments had began, I did not record the results of my exploration right after it happened; for I was in a catatonic state, and could not bear to think about what I had just been through. Then, psychologically to the point of a breakdown, I prayed for understanding and some comfort. For I felt I was losing it—*completely* losing it. In addition, I felt my stomach shaking uncontrollably, and had an incontinence episode as a result. Still, I remained motionless. I also remember that at one point I felt like screaming, and laughing, and running, and then ending it all by taking my life. Nonetheless, I laid there on my recliner without moving an inch, for I was afraid of somehow 'falling apart and into tiny pieces'. Let me stress that I had never felt this way before in my life.

But after a few moments, a sense of calmness began to come over me. This somewhat relaxed me. Yet I was still extremely anxious and paranoid. As I was experiencing this, I lost my awareness for a moment; and when I came to,

I began to discern what appeared to be a slow-moving transparent wave swirling up in midair over my home office. 'It' seemed to be made out of the fabric of reality itself. The closest thing I can compare it to, is that weird transparent-like fume or blur that sometimes emanates from asphalt roads on hot summer days.

Gradually, this vapor began to manifest into a being. It was my dead mother. As she was coming into full materialization, I noticed that she had a certain type radiance about her, similar to an aura, as well as the youthful appearance she had back when I was just a little kid. She was wearing a sky blue, long informal dress, which I distinctly remember was part of her wardrobe when she was alive. She also wore her hair just as she had back then.

Since by this time a profound sense of calmness had come over me, I simply laid back on my recliner as she approached me—wearing a tender smile on her face. She then proceeded to gently sit on top of the armrest of the recliner. As I slowly sat up to greet her, she extended her arms and we embraced. I then wept uncontrollably in her arms. I still missed her—and now needed her—greatly.

I cannot emphasize how good that hug felt, and how much I really needed her at that moment in my life. I was not at all shocked about her being there, for by now I was getting used to participating in paranormal experiences. Her presence made me feel like a little child again; as opposed to the way I had been feeling just a few moments ago—'un-human'. After a few moments she started to mentally impress upon me that everything was going to be all right—just as she had done so many times when I had gotten into trouble or gotten hurt in the past. She then signaled me with her hands to lay back down and get some rest. She assured me that if I ever needed her she was but a thought away.

As I laid back into my recliner—now a bit more relaxed—she lovingly smiled and kissed me on the forehead. Feeling comforted by what she had said to me, and the comfort of her company, I closed my eyes and fell asleep. When I woke up a couple of hours later, she was gone. However, her assurance and love remained with me for the next few days. And, because of this, I now feel closer to her than I ever did. Of course, she *is* still alive. In fact, now I know that a part of her will *always* be with me. In more ways than one.

I have to say that this entire experience forever changed me as a human being. I felt as if I could never, ever, return to being the way I was before. Because you see, I was no longer a naive child. In some strange sort of way I had grown up. Yet I felt that I had been irreparably and forever scared.

Finally, I recall that as the morning hours approached, I was inwardly still praying and asking for understanding, peace of mind, and even for a tiny bit of normality to come back, not only to me, but once again into my life.

COMMENTARY

Following this event I took a different outlook on my consciousness development. Because of it, I no longer believed that my experiments with altered states of consciousness were for my own good. Nor were they for my ill. Instead, they were just simply that—experiments. Everything in life I now realized had some degree of danger—even crossing the street. Although by my actions I was in a sense throwing myself unto coming traffic. But I had the power of *choice*, you see. For I could simply stop all of my experiments at any time. However, I knew that both the ‘positive’ and ‘negative’ aspects I had experienced in this particular incident were part of the same ‘whole’. In time, I came to realize that this did not have to make any sense to me, nor did I have to accept it. It simply ‘was’. Therefore, I could choose to ignore it, or be afraid of it, or embrace it, or feel nothing about it, for that matter. Again, it simply *was*.

Eventually I came to learn from Ebhrious that the thing that had attacked was a thoughtform frequency—morphic in nature—that housed the information/data of murder, torture, rape, etc. and which a number of human minds become attuned to for their own particular reasons—oftentimes resulting in said actions. So you see, by engaging in this particular experiment, I had unwittingly tuned in to said morphic field. I guess it is pretty much like the cop who after seeing and investigating a number of murder cases loses it both emotionally as well as psychologically.

In that sense, the same thing happened to me. Except that my use of ketamine—an extremely powerful hallucinogen—amplified and accelerated those results. It’s like the old saw that goes: “If you play with fire, you’re gonna’ get burned.” And boy did I get burned. Moreover, for the next few days following this incident, I began to start seeing hallucinations mixed together with my everyday reality without me being in an altered state of consciousness. In fact, I began losing touch with this reality. I also began to ponder existence and how it related to immortality. Because of these thoughts and ideas, I came very close to committing suicide, for now I knew that my consciousness was—and is—immortal and infinite.

I also became disenchanted with life in the physical dimension in general. For I started to think of it as being ‘beneath’ my God-like nature. You see, I now wanted to experience and explore the corridors of creation in their entirety—and do so full-time and forever. Besides, I wanted to create my own universes and realities, for now I knew that I could do so...! In that sense, I wanted to exercise my God-like nature. Not only that, but I also began feeling an intense longing for the disembodied state. Luckily, these thoughts only lasted a few days. Otherwise, if they would have continued, I don’t think you would be reading this book.

These are then some of the fundamental reasons why I feel that these sub-

stances should only be used by adult, experienced, and psychologically mature researchers and scientists. Let me add that my ego and my nervous system were also pretty damaged by this incident. For after a couple of weeks following this episode—when I tried to resume my OBE's—I found that I could not relax at all. Instead, as soon as I'd close my eyes my entire body would immediately tense up, my stomach would start throbbing, my heart and pulse would begin racing, and even the tiny muscles in my eyelids would fight me so as to remain open! It was as though my body and conscious mind had a consciousness of their own, and did not want to participate in any more experiments! It was really weird.

Even by the use of dextromethorphan or ketamine (in the psychedelic range) I could not completely relax my body or mind. If anything, my body would become paralyzed from the pharmacological effects of these substances, but also ice-cold with fear. Then, my consciousness would simply blank out. Furthermore, my dreams became filled with horrific and graphic scenes of agonizing murder and rape. It was as though something was still trying to break me down.

I believe that this was happening because even though my mind, psyche, and perhaps even my soul had accepted and assimilated this experience, my body's physiology (my body's consciousness) wanted no part of it, at all! In fact, any attempts at psychoporation—with or without substances and/or brain technology devices—met with my conscious mind's curtain of darkness. I'd see nothing. Intrigued by this, I took some readings of my brainwaves using my Mind Mirror and came to find that I had a mental block. This was accurately demonstrated by a pattern known as alpha blocking, which is characterized by the *lack* of alpha brainwaves. Indeed, nothing seemed to work during this period—not technology, not substances, not prayer, nothing.

My only comfort was that I had proved it to *myself* that one could really travel in time! However, in order for it to be a viable option, and for me to be able to engage in it on a regular basis, I reasoned that I would probably have to undertake a thorough psychological reorientation and reconstruction of beliefs as a human being. Besides, I believe that if I were to engage in psychological time travel on a regular basis, I could, and would, eventually become someone else entirely. I would not be 'myself' any longer. I just have this weird feeling about it, you know? Who knows, maybe that would be an 'interesting' thing. Maybe I will attempt this sometime in the future.

Based on my experiences, I now believe that perhaps with the aid of professional psychedelic psychotherapy and hypnotherapy one could become psychologically developed enough so to engage in these types of explorations on a regular basis, with minimum side-effects. But for this one would need an ample supply of pharmaceutical-grade LSD (not ketamine, since its side-effects are deranged thoughts, abnormal thought patterns, etc.). But who knows what the side-effects or long range effects of LSD and psychological time travel would

be?

For me this is not a viable option at this time however, for I do not have those resources. So I will have to wait. Again, perhaps in the future, and in another country, of course. Even then, society may view this practice through the filter of their beliefs, and feel that it is nonsense. Or, that OBE's aren't real. Or, that the use of this type of ability is against the will of God, etc.

At any rate, after about four months of abstaining from all of my experiments, I slowly began regaining my visuals while meditating. I even started having lucid dreams once again.

So what did I learn from all of this? Well, I came to understand that 'evil', or what we call evil, is the human mind's definition for what it does not understand. The human mind, in coming to understand this, will realize that as such, 'evil' is just a *quality of being*. In fact, evil does not know evil; 'evil' does not even exist! This also goes for good, for as such, it does not exist either. Thus, I have come to learn that good and evil, wholeness and emptiness, happiness and sadness, etc. each need the relativistic qualification of an observer, *and not of each other*, in order to state-actualize as such—based on the observer's perception; which in turn is dictated by its state of consciousness.

Consequently, with an *observer*, both 'good' and 'evil' become either or, and so exist as such. *Without an observer*, good and evil could not, would not, and do not exist. With an *enlightened observer* however, they remain as they are—which are simply 'qualities of being', neither good nor evil.

Date: July 19, 1999

Set: Mentally alert, yet tired. Emotionally excited. Physically very tired.

Setting: My bedroom, 10:00 A.M.

Substance(s): LSD

Amount: Aprox. 400 mcg. (5 blots)

Technology: Hemi-Sync Tape: "Prospecting #3"— Null Point (from "Gateway Voyage") & BT-6

Settings: BT-6. **Modulation:** 1 second on, and 1 second off. **Pulse Width:** 550 microseconds

Stimulation Time: Tape continuous (auto-reverse); BT-6: 63 minutes

Method: I actually used the DreamLight *prior* to the actual experiment (and

ingestion of LSD) for three days and nights, so as to signal my assistant when I was in a REM period. The REM detector flash was set for zero minutes (non-delay), which meant that as soon as I entered the REM stage, its alarm would go off. Thereby preventing me from engaging in any dreaming if I happened to fall asleep—for this signal would alert my assistant. However, I did sleep during the last third night for two hours—but did not engage in REM sleep thanks to the DreamLight. Also, I did not use any stimulants to stay awake for those three days. At the end of the third twenty-four hour period—as soon as my assistant left—I took all the LSD blots together and hooked myself up to the BT-6. Then, after about thirty minutes of neuroelectrical stimulation, I put on the headphones and set the tape player on auto-reverse and went to sleep, almost immediately but in *full awareness*...

Code: LSD + (BT-6 + H-T: "Prospecting #3"— Null Point)

EXPERIENCE

Within moments of closing my eyes I enter an expansive and 'expanding' undulating realm. The texture of the fabric of space and reality in this particular region of hyperspace resembles thick but clear motor oil, and somehow feels 'alive'. In that aspect it feels very much as though I have entered a sentient biological organism. This realm is filled with what I can only describe as moving gelatin-like cells. These are mostly green in color with spot-like hues of fuchsia in them. The cell-like creatures emit a low throbbing hum. I clearly notice that there are an infinite number of variations within their species.

As I continue my exploration through this unusual realm, I see far in the distance what seems to be a large island. From what I can tell, this body of land is apparently several miles in diameter. Its color is a dark shade of orange, and it appears to be breathing. I also notice a different type of life form moving about the island.

These creatures are worm-like, except a lot thicker, and have no extremities. They stand upright as if floating, and move accordingly. I notice that each one of them is a different color, mostly made up of dull shades of grey. I also note that none of them have eyes or mouths. Instead, they have wrinkles where the eyes or mouth should be. Their faces remind me very much of an undeveloped human fetus. As I continue off the three-dimensional oil-like space—which I am traveling through—and into their island, three of them notice me. As they begin approaching me they commence to communicate with me.

The communication between us is in non-verbal form. They communicate by using visual pictures, which they somehow flash upon my mind. Although the images are hard to describe using words. To give you an idea, they resembled multi-colored swirls of comb-like patterns, which emitted a series of

melodic and 'oozing' tones—as they changed in form in order to convey meaning. I also sensed that the variation in the color intensity of these images expressed a certain *depth* of meaning. Indeed, the concepts they were displaying before my mind's eye were very deep and meaningful. As they communicated with me my consciousness somehow translated these visual feeling-patterns into a form of language that I could understand.

"Our sense of being dictates that which we are. Not many humans are aware of us in their ordinary states of consciousness, nor comprehend our function. Yet we are what thoughts are made of. The realm of the unconscious mind is our dwelling ground. Mindstuff permeates all that exists. Expression results as we become a state actualized first in consciousness, and then in materiality, by a sense of desire and intent. We in fact created thoughts. Yet mind created us.

Because of us, races of consciousness such as the human kind can engage in complex mental constructs such as ideas, transcendent thoughts, self-reflections. In this manner we fulfill our intended purpose of existence, which is to provide sentient beings with the ability to self-reflect and evolve into higher levels of self-understanding and universal consciousness.

The mind should be revered as the greatest of all creations. For unobstructed, it allows any self-reflecting consciousness to fulfill what ever desires it may have. Mind creates worlds and universes; 'mindstuff' is what mind, as well as everything else, is made up of. We are said mindstuff.

You have been led here by your I-Self so as to communicate to others that we not only exist, but also must begin to be acknowledged, recognized, and even become aware of consciously, if at all possible for your species at this stage in your evolution. If humans recognized us—consciously—then the world that you know would be filled with more sophisticated thought-constructs than what it is at your present time.

If this was the rule rather than the exception, then your constructs would not be based on circumstance or current state of consciousness, but rather on the pure essence of form, which is state independent. And what we mean by this is that form, in its purest of states, transcends all limitations that may be inflicted upon it by false, erroneous, or limiting beliefs. The true essence of form being formlessness.

We reiterate: mind creates form. Yet mind has no form. Thus, form is born out of formlessness. Formlessness is the purest of all states and therefore this state, or rather *state of mind*, has the innate potential of becoming anything imaginable.

Some members of your species have intuitively followed their instincts and have come to recognize us, subconsciously at least, and thus come to create what is termed by your species 'masterpieces' and 'works of genius'. This is because those individuals chose to go inward, and into their I-Selves, and found us awaiting them in the 'form'—and we are intending a playful pun here

for in reality, at the 'core' we are *all* formless—of concepts and inspiration.

Human beings in your system of reality must understand that our intangible and subjective way of being is equally and just as valid as their tangible and objective existence. Certainly we each serve our intended purpose for being. Indeed, we exist, therefore we are. Yet none of the infinite number of species that exist are superlative. For we are all part of the same 'whole'. I, for example, am a syntax entity; and are no better or worse than the music or algorithm entities next to me. To think otherwise is indeed ludicrous.

We are not only concepts but have created the concept of 'concept', so as to *be* and have a way of being. Again, we reiterate: We exist in every moment and in every thought of any sufficiently developed self-reflecting species. What we are saying therefore is that 'being', as such, needs no justification other than the one placed in it by whomever or whatever wishes to validate its existence through being. Yet 'being' is also a concept, which has been created for the purpose of evolution—'evolution' being a concept itself. 'Being', then, is a by-product of the mind. For being as such requires an observer. And the mind lends itself beautifully to this, don't you know. For mind has learned that it can observe itself, and therefore self-actualize! And, by doing so, it can learn much about its nature.

Make no mistake: Being and mind are branches of the same tree. We are all individual parts which makeup the 'concept' of 'whole'. In that regard, each one of us is a different facet of a greater whole—a greater reality of being. Ironically, this 'whole' is beyond conceptualization.

Although we may seem to speak in riddles, in reality we do not. And if you try to understand what we are conveying to you with your *being*, rather than with your conscious and human mind, you will find the true essence of what we are communicating to you. For the true essence of 'meaning' lies within the meaning that one gives it.

We certainly hope that by now you understand the 'concept' that everything in existence is but a thought. The reality or world in which any and all species exist is nothing more than a psychological construct, a product of *the Mind*..."

As these creatures were explaining these concepts to me, I felt a tap on my shoulder coming from behind me. When I turned around to see who it was, I see FM standing there. Without missing a beat he starts speaking to me.

"I see you've found your way here, Joey. I have come here several times myself since becoming aware of their existence [the concept entities]. I have learned much from them." As FM is saying this to me, he points up at the horizon where we see thousands of them—all shapes, colors and sizes. In a way, it's very much like seeing multiple kinds of deep ocean fish species while scuba diving. He continues.

FM: I will take this opportunity to expand on some very important concepts myself, ha-ha-ha... What I am now going to share with you are highly advanced ideas and coincidentally, concepts, that are needed by your consciousness in

order for it to merge with mine, so listen carefully. As the concept-entities were saying, everything exists in thought and mind *only*. In reality, everything that exists is nothing more than mind-created conceptual constructions, which in your case exist in three-dimensional form.

In fact, you, your family, your friends, the city you live in, the car you drive, all exist in your mind *only*. You and I both exist in our own separate psychological space-time continuums or mind-spaces, yet paradoxically shared—shared only by psychic agreement.

For example, when someone dies, whether it is someone close to you or even a public figure, you *choose* to experience that person's 'death' for your own reasons. This may be done for the experience of feeling sympathy, empathy, or indifference, but nonetheless it is for your own experiential data gathering. 'Death' for example, is just one of the many prime directives that makeup the consensus of many reality systems, including yours. These prime directives are part of the data embedded within the psychodynamic signal of your system of reality, and which in turn, encodes the human consciousness with certain laws such as gravity, speed of light, thermodynamics, DNA structure, aging, self-healing/regeneration, biological growth, biochemical regulation, et cetera.

In other words, these 'rules' are what a group of physical species and even microscopic organisms in a particular PDFD follow in order to function there. And, if this knowledge were to be truly internalized by all of the personalities [individuals] of an entity or Overmind, then it would allow for readily psychoporation into the system of probabilities. In fact, once there the entity's personalities are no longer required to be 'reborn' in a *linear* sense [reincarnation], but rather, continue on with any chosen *immediate* probability.

As far as the illusion of death is concerned, one must realize that in 'playing' within the parameters of the material dimension's system, one's family and friends must collectively choose and agree whether or not to experience said individual's death. This is because all lives are nothing more than individual yet collective self-created waking dreams, which are actualized in the reincarnational system by said individual's ego/personality.

Therefore, we create all facets of our experiential reality, including circumstances, joys, sorrows, challenges, happiness, et cetera. However, it is our own ignorance and negative programming which causes us to get out of life things that we may not want. Yet paradoxically, this 'ignorance' comes from our own inner wisdom! For these seemingly failures that we ourselves create are what enable us to grow in experience—or as it is more commonly called 'spirituality'. Since you are now beginning to consciously understand that you have the *choice* to not die in the physical sense, then when you are ready to 'die', or rather *exit* from a particular space-time probability continuum, and have the desire to do so, you may simply shift to another probability continuum, or psychodynamically integrate with any one of your many probable selves which exist in their own continuums—thereby continuing with your own and your Overmind's

experiential development. In *your* particular case this may be done in either system [reincarnational or probabilities].

Not only that, but also in *your* particular case, you may choose to go back to any point in your current timeline and psychodynamically integrate with any one of the 'yours' of 'back then' and impact any given 'past' event. In other words, you can *rewrite* your 'history'. And I mean that in a *literal* sense. Of course, this will take said timeline *out* of the reincarnational system and into the system of probabilities. These probabilities exist as a series of psycho-energetic pulses within one's Overmind's memory banks. Much like memories exist in one's mind. However, this rewriting of one's own history would only be possible if an individual's Overmind was *finished* with its reincarnational cycle.

Now, when you engage in said type of probability continuum shift, every facet of said lifetime will remain exactly the same; since all of your life experiences are encoded and exist within your own and your Overmind's psychomagnetic field matrix [mind]. What's more, if you were to re-enter into any timeline after you left [died] said events-sequence [lifetime], then the characters in your sphere of experience [family, friends, et.] that experienced your death would be *made* to adopt this *new* event sequence; so that the 'gap' that existed between your death and your return would be filled. Thereby maintaining said reality's *coherence*. This would occur by your Overmind inserting an alternate ['false'] set of memories into your family, friends, etc. memory banks, so that it would seem a though you never died. All of this being so because "reality" must be coherent and have integrity in *your* system of reality.

However, there are other realities in which when people come back or return from 'death' [being dead], all the characters in said individual's life will know that said individual has chosen to return to said lifetime, so as to experiment with probability probing. For 'death', as it known *there* is vastly different than what it is in *your* reality. This is somewhat approximated in the NDE's [near-death-experiences] you are familiar with.

Now, in most cases of these shifts we've been talking about, no one around you [those in my sphere of experience], *including* yourself, will have the slightest idea of what has happened [that I have shifted back into a prior probability continuum], but if your awareness is *sufficiently* developed, then you may pick up slight 'inconsistencies' of this *already* experienced version of physical reality. In some instances, you may begin having strange dreams, and perhaps even feel a strange sense of 'weirdness' about you. So may others sense this 'something different' about you. Others close to you may also notice and even feel that somehow you and your entire fabric of your reality have 'changed'. Some of these changes may be more noticeable than others.

Do keep in mind that *everyone* around you is of *your* own mental construction. So is the entire fabric of *your* reality. Moreover, you choose which physical and psychological aspects you wish or need to experience from the people around you. They, dear Joey, are willing participants in your own self-created

yet *mutual* waking-dream production. In other words, you consciously and subconsciously choose the events you experience. In that aspect, those are the rules that human beings agree to 'play' by when they enter the physical dimension. Of course this is only one of the many psychological games that you, as consciousness, will continue to experience throughout eternity—being that we are *all* timeless, eternal, and infinitely creative and playful sparks of consciousness. Our God factor or I-Self is indeed childlike in nature, in more ways than one. In fact, it is very much like the child who conjures up games in his mind, so as to pass the time in good fun. In that sense, we are all imaginary constructs in the mind of God—'God' being a child with an overactive imagination.

Overminds are the primordial thought-units in the mind of Universal Intelligence or God. And they seeded all universes and realities. We are their seeds. But make no mistake; everything, including God, is a thought. We each exist *within* God but on a *separate* continuums, which our Overminds created for us—complete with every thing, circumstance, and inhabitant that coexists within it; so as to experience beingness. In the course of this, our Overminds learn the 'art of being', as Ebhrious so poetically calls it.

The last few sentences are of extreme importance for your consciousness development, and will help you wake up from your self-created waking dream. Furthermore, this psychological construction [the physical dimension] is dependent on your individual mental programming, at both conscious and subconscious levels. That's the reason why some people grow up to the age of seventy-five on one version of planet Earth, for example. Yet in another probable Earth they don't grow that old. This is because in the latter version of reality they chose to exit at an earlier age, for the sake of experience and probability probing. That is also the reason why some individuals are sick and others are ill; why some are rich and others are poor. It is due to the state of their consciousness.

So if you are lacking in anything in life—whether fulfilling emotional relationships, money, et cetera—it is because of the way you have been *thinking* about said particular situations; oftentimes in a negative manner, both at conscious and subconscious levels. And, since thoughts are non-tangible concepts that eventually create tangible forms [only as far as the physical dimension is concerned], then negative thoughts will result in very 'real' negative circumstance thought-constructs. So, in order for you to change any facet of your life which you may be less than pleased with, you must first change your *thinking*, *feeling*, and *attitude* toward it.

As I just told you, in probability shifts each individual's psyche has an encoded memory of *all* their event-sequences. Therefore, when one engages in them, a specific set of data is transmitted to the DNA/RNA structures of the newly created physical body, so that it can in turn function in said reality. In some instances, fragments of this information are brought to the conscious mind of the personality [in the physical body] in cases of psychosis and multi-

ple personality disorder.

In your case however, you are now having this experience with me and receiving this information because of your previous pharmacologically-induced consciousness alteration/expansion experiment using LSD and REM sleep depravation. Indeed, that was a very clever idea on *our* part—for it is I who gave you the idea in the first place. This particular altered state enabled you to go into deep 'regions' of your subconscious mind—which is where we now find ourselves in.

This data may also be properly and beneficially recalled in controlled states of transcendence; but it is dependent on one's mental programming and availability of the necessary neuronal pathways. Once the individual engages in these types of altered states, the data can then be accessed by the conscious mind. Since we are on this subject, let me reveal to you that you yourself have died on four different occasions throughout your current lifetime. In fact, relatively recently, within the past fifteen years, you have experienced two deaths.

Me: Oh, man, c'mon! Tha-that's crazy! I'm not dead! Jeez, man, I was kinda' getting into what you were saying, but that last statement just fucked everything up. You see, in instances such as these, is when I start thinking that all of this stuff you're telling me is nothing more than a crock-of-shit. And that I'm probably just loosing my mind.

FM: My purpose is to enlighten you and not to deceive you in any way. Now listen very carefully to what I am about to tell you, Joey. Do you remember the morning of September 28, 1990 when you were driving home from the nightclub you used to frequent at the time?

Me: No. You are asking me to remember something from almost ten years ago!

FM: Fair enough. Then let me refresh your memory. Do you remember the morning that you were driving home from said nightclub while physically and mentally almost to the point of unconsciousness because of your sleepiness and stage of intoxication? Which resulted in the loss of control of your vehicle on the expressway?

Me: ...Oh... yeah... Yes! I remember now. Not only do I remember that incident, but I always wondered how in the hell it was that I drove home almost fifty miles at 3 a.m. in that inebriated state after almost crashing; to arrive at my home safely, and then awaken in my bed a few hours later. Umm, yeah... Okay... And I also remember some bits and pieces of that drive home. I swear that at one point it felt as if I fell asleep at the wheel, and because of it, I almost crashed! That was a close call. But then I made it home. Well, now that I know which night you are talking about, what about it? Because believe me, I did not die, man. That's insane!

FM: Well, you did *not* make it home that night—at least not in the physical sense. Instead, you perished in a car accident, as a result of both your inebriation and because of your emotional state—the result of the separation with

your then girlfriend. In fact, as you may recall, you had a death wish at the time. You even thought of committing suicide. For you felt that you could not live without her. Hence your reckless behavior at the time. And the actualized event I've been speaking about.

Me: Wait, wait, wait. You are wrong FM. I *did* make it home that night. Otherwise I would be dead now! Stop messing with my mind, man!

FM: My intention here is awaken you out of the *illusion* of what you *think* and *believe* is 'reality', Joey. Because the mere belief makes it a reality in which you can exist—either alive or dead in that sense. But make no mistake. You *died* that night. However, your consciousness did not. Consciousness can never be annihilated in any way other than in illusory states created by said consciousness to begin with. In which case it may forget its creative hand in said construction, for that is the nature of the human dimension of consciousness. Joey, you are now dead, *literally*—DEAD. At this moment, July 19, 1999, you do not exist, nor have existed in the system of reality that you are going to re-enter [This one, the reincarnational system], in the near future. I repeat: you have been dead in every sense of the word since the night of September 28, 1990.

This happened as a result of being expelled from your vehicle at the moment of impact with another vehicle. And, because of this, you received internal head injury in the form of brain trauma and hemorrhaging. The other parties involved were not seriously injured, but chose to participate in said incident so as to later be monetarily compensated. The fact is, Joey, that you have been living for some time now in between dimensions—in a psychological timewarp.

Moreover, at the time of your death, or rather exit from *that* particular probability continuum, you decided to give yourself the challenge to experiment in probability shifts [psychoportation] in the system of probabilities, but lacked the training. However, the only reason you could even attempt such endeavor is because as I pointed out earlier, our Overmind, Keldam, has completed its reincarnational cycle; and as its next endeavor, Keldam decided to experiment and therefore actualize itself in the system of probabilities. This being the case, Keldam's personality units have begun experiencing the system of probabilities, so as to further evolve. Each one of those individual personalities has already taken various guises and tasks. You, Joey, are one of those units, and decided to become a teacher at some 'time' in the 'future' and travel between dimensions or realities. Hence our coming integration.

After this integration takes place, everyone that comes into our sphere of being for the purpose of knowledge and information seeking, or comes into the information presented in the book that *you* will 'probably' write, and accepts the information in it as plausible, both intellectually as well as psychologically, *it is because they themselves are also finished with the reincarnational cycle; and are therefore ready to shift into the system of probabilities, also.*

Now, going back to the subject of your death, you have been living in a psychological timewarp, so as to fully develop yourself up to this point. You did

this because you are an introvert by nature. *But you will soon shift back into the reincarnational system because of what you, or rather us, have chosen to do, which is to give this information to those who are also finished with the reincarnational system and are subconsciously searching for a way out.* Furthermore, in the next two decades or so this type of knowledge and information will be made available on a global scale in different ways. This being the result of the major mass consciousness-shift coming in the new millennium. [This event is described in the epilogue of this book.] In fact, it has already begun appearing in various guises over the past two years or so.

Now, let's go back to the concept of physical reality construction for a moment. When you speak or interact with anyone—I repeat—anyone at all, you are interacting with an aspect of *your* own mental construction. It has always been this way. In fact, that's how the physical dimension of consciousness works. You have simply forgotten this fact. Yes, this is a *fact*. You are right now—and in a sense always been—all *alone* in your own self-created physical reality continuum, which exists and seems "real" simply because you yourself have blocked the memory of this fact in the first place! But *that's* what keeps it real, you see. And again, the only reason "reality" exists as such is because you continue to *believe*, at multiple levels of consciousness, that it *is* real.

Otherwise it would not serve its intended purpose, which is to help you realize its illusory nature in the first place! Ha-ha-ha-ha... That's the true psychedelic aspect of reality. Forget matter. Forget energy. Forget space. Forget time. In reality, these mental constructs have no validity other than the ones that are placed upon them by any individualized consciousness that agrees to experience this dimension and its illusory nature—simply for the *experience* and fun of it!

In fact, all of universal creation is psychological in nature. That's the ultimate secret of the ages. And it is a secret, because that's how God—which is you, or rather within you, and within everyone and everything else, for that matter—chooses to amuse Itself throughout eternity. Furthermore, forget the concept of soul—or *a* soul—for it is highly flawed and distorted. For the concept of soul as a singular and finished product is erroneous, absurd, and as such does not exist. The soul is not a 'product', but rather a transdimensional *process* of 'becoming'.

Some individuals are more enlightened than others are, of course. And each one goes at its own pace. These enlightened individuals are sometimes referred to as teachers or masters. They are the ones who sort of drop in on your thought-creations [the physical world] to help remind you of what is really going on. Sometimes they take the guise of parents, friends, or strangers. They may also appear as material objects such as books, audiotapes, psychedelic and hallucinogenic plants and substances—even motion-pictures. Sometimes they even become space-time events that will give you hints of this cosmic fact!

The reason I am telling you all of this is because as you may recall, you took

it upon yourself to uncover the mechanics and 'secrets' behind universal creation, remember? Have you forgotten the phrase that *you* so conveniently and cleverly created: "Be careful what you wish for because you might just get it"? Yes, that's correct, *you* came up with it; but oh so cleverly 'forgot' that you did. Indeed, you made up this phrase so as to serve as a trigger that would remind you of this when the 'time' was right. And that time has come! I am simply reminding you about it. I am also in the process right now of explaining these same concepts to the other five individuals I told you about before.

You, Joey, created me—which is you in the future—so that I could come back and tell you what you would eventually come to learn as 'time went by'. But let's not forget that in reality there is no such thing as "time". Nonetheless, you must keep in mind that once you entered the physical dimension of consciousness, you were programmed by its PdS to believe in 'time', and accept it as one the many prime directives of the physical dimension; thereby having no choice but to wait for some 'time' to go by, before having access to said information... AAAAH! But you also ever so cleverly created a 'shortcut in time'. You called this a timewarp. However, in reality it has nothing to do at all with time as such, but rather with mind. In that sense then, it should be called a mindwarp.

You created this warp in your particular system of reality specifically for such a purpose. Because you see, you had to play by the so called 'rules' of 'space-time reality' that exist, which again, *you* created simply to challenge yourself! For what good is a game if there are no challenges or rules to follow? And, what's the real fun and satisfaction of not winning, at least sometimes? Games are played for both the enjoyment of the experience, and also with the goal of winning, of course. However, the rules of a game may be thrown out the window sort-of-speak once one comes to a realization that this can be done. Why? Because it's *your* game in the first place! And as such, you can do whatever you want in it, whenever you so choose. But this can only be done after—okay—*after* you realize that this is so and can be done. For you cannot become or experience that which you are not aware of. And you, having discovered this, have won the game! Therefore I have to congratulate you. Congratulations! Game over! Ha-ha-ha-ha.

Me: Oh man, I'm freaking out. This is so mind-boggling. Then again, according to you, which in reality is me, I have had it all backwards since becoming human, in this sort of bizarre cosmic game... What's more, the scary part about it is that I am beginning to believe you! [Sobbing:] It's all starting to make complete sense now. I'm beginning to realize that what you are telling me is not only true, but it's what I have been reading and hearing about all of my life! Stuff like: "God is within.", "We are created in the image of God.", and-and "We are all one.", "We create are own reality.", "We are all living in a world of illusion.", and-and even the nursery rhyme that goes: "Row, row, row your boat gently down the stream, merrily, merrily, merrily, merrily, life is but a dream."!!!

It was all there right in front of me. The clues were all there! I have been living in a dream. (Laughing) Physical reality is an illusion! A fucking illusion! You are correct, sir! Ha-ha-ha-ha-ha . . .

FM: Indeed, Joey. You literally forgot that you were dreaming! But don't forget that because of your very level of advanced development, you became 'trapped' in a psychological timewarp in the first place. But this served a purpose, you see, for it helped you to further develop psychologically and psychically. Moreover, if it weren't for the fact that our Overmind was finished with its reincarnational cycle, you would have had to start a new life as an infant after your 1990 death. Which, of course, would have placed you on an entirely *different* probability continuum.

Me: That is unbelievable! Th-th- But-but it all makes perfect sense....! What a rush! What a fuckin' high!!! Ha-ha-ha-ha- I can't believe it! I cannot believe it! But I can see it clearly now. It all makes perfect sense! Wow! But you know, no one is going to believe this... This is just too wild. Too bizarre! Too crazy! The people I share this with are going to think I'm nuts!

FM: You are forgetting that everyone that you share this information with is of *your* own mental creation. So how people react to this depends on how you choose to *believe* and *create* the reality that you will continue to manifest while experiencing the physical dimension of consciousness—if you care to continue experiencing it. Remember Joey, you create all of it, everyone and everything; and all of the other individualized consciousnesses that inhabit their own psychological space-time continuums do the same. But the reason this seems so illogical, inconceivable, and impossible is because of the *powerful illusion inflicted upon the human mind by the physical dimension's psychodynamic signal*.

In that regard, the physical dimension's PdS is similar to a very powerful hallucinogenic or hypnotic substance that plays tricks on both the mind and the physical senses. However, it was purposely created that way, for that's not only the nature of this particular cosmic game, but it is also the challenge we chose to give ourselves when we first decided to enter this dimension—or rather engage in this particular altered state of consciousness.

In fact, that is why those individuals in power, and most people in general, fear psychedelic substances. For they inwardly know that by ingesting them they run the risk of waking up from the waking dream that the physical dimension really is. Again, the only way to transcend physical reality is to warp it; that is the only way. And in your particular case this had to be done by following certain avenues. Some of which you have uncovered. Indeed, expansion of consciousness through study and self-reflection, coupled with the intake of certain psychedelic and hallucinogenic substances—similar to the 'archaic' initiations given by master shamans—will allow the human mind to by-pass the PdS, and therefore see beyond the veil of illusion that envelops the unenlightened mind.

I must warn you however, that all of the information I am now giving you

will at times seem far-fetched, sometimes even more so than others. Again, this is the result of the PdS, which the physical brain receives as it operates in the physical dimension. This signal is so powerful that even teachers and masters who come into the physical system of reality—so as to awaken others from the waking dream of the physical dimension—sometimes get caught up in the illusion inflicted by it themselves! This is a fact!

As a rule however, since the mind is not physical in nature, it can by-pass said signal *if* sufficiently developed. Notwithstanding, you must not forget that the mind still needs the brain in order to operate in a material-oriented dimension. Therefore, the ability of the mind is still mediated by the neuronal connections available to its physical counterpart—the brain. Again, those individuals who occupy your mental yet ‘physical’ space-time continuum will each view and react to your findings based on the many beliefs that *you* hold at any given moment. In other words, if you have at times felt insecure, which of course you have, then some of the individuals who come into this information will view it as wrong or false. This, however, is because all human beings have been programmed by the physical dimension’s PdS to feel that very same way in the first place! Therefore, this ‘sense of doubt’ is a natural phenomenon, which is part of the human experience.

However, if you were to truly and thoroughly deprogram your mind of said insecurity, then *everyone* who comes into this information in your field of experience will come to revere it as true and valid. In turn, because of the nature of its implications, you would then come to be regarded as a philosophical giant not unlike Jesus, Buddha, Krishna, Zoroaster, et cetera. Furthermore, I shall now tell you this: You created said philosophers and saviors in the first place so as to have ‘models’ and points of reference in order to not only measure and create your own manifestations, but also to understand what is now taking place. Again—and I’m sorry if I sound like a broken record—you created all of it! It’s *your* world and *your* reality. The world is *your* oyster—as they say.

Me: So you mean to tell me that no one is really going to learn about this? Only my own mental constructs?

FM: Wait, I’m coming to that. Here is where a paradox is created. Although everyone in your space-time continuum is a mental construct used in the ‘game’, they also exist in their own separate versions of said space-time continuum. But the inner-part, or rather psychological aspect of theirs that inhabits your space-time continuum creation, may choose, out of their own accord, to... oh... how do I say this... oh! to *awaken* from their self-created space-time illusion—which again, they have created because they are God, also. But the aspect of you that is also God also created them. Like you said earlier, it’s sort of like a feedback loop. It’s almost the same as gazing at oneself in a mirror. You being ‘you’, and the mirror being your mind. Which results in self-reflection. Both figuratively and literally.

Likewise, your insights and similar insights will appear to others in the ways

I told you previously—be it a book, a movie, a friend's comment, et cetera, but only if they choose to participate in such a space-time event. For not everyone wants to be awakened, yet. Some individuals wish to engage themselves in their self-created illusions longer than others. That is *their* choice. And as such, they have the right to remain in it. Therefore it must be respected. But as I just said to you, *you* are done with the game.

Me: Incredible FM, just incredible. But it all makes sense. You know, in hindsight, even the most screwed up situations that I have been involved in my life weren't really that bad. In fact, as you pointed it out, I learned a great deal from them. But since in the past I thought that I couldn't have or experience certain things I really wanted to experience—because of the fact that I had been programmed to think they were outside my field of experience—now that I know I can have anything I want, I'm sure as hell gonna' wanna' stay here a little while longer and experience all of them!

FM: I know you are. And now that you *know* it too, it will be so. By the way, this is our last meeting. For we have just completed what we set out to do a few years back. In fact, shortly, when this experience is over, I will merge with you, as well as with the others. What's more, I am having a similar discussion with them right at this moment. For in reality that is all that exists—one reality within an infinite Now...

Nonetheless, I made it a point to explain these concepts to you and to our comrades on an individual basis, so as to minimize the risk of multiple-personality symptoms. Remember that we want to become a multi-faceted *unit*, and not have any one dominating sub-personality. In that respect, this is a new experiment for all of us—including our Overmind. So we will have to wait and see what the results will be. Do not be afraid or be worried about this psychological merger, for this psychodynamic integration will feel as a dream, or rather a lucid dream from which you, or rather all six of you, will awaken as me, or rather with 'me' within each one of your personalities. And this new personality, me, will be a composite of all six personalities.

Again, each of you will now exist as a synergy composite of all six personalities. And as such, each of you will share in each other's psychological as well as physical traits. But most people around you will not notice any dramatic differences in your respective waking states. Unless they are psychically developed.

Me: Wow, man. All of this is just so bizarre... What's going to happen after all this? What are you—I mean me, or rather, 'we'—going to do?

FM: Now, now, Joey. You don't expect for me to ruin some great surprises that are coming our way, now do you? Be patient. You'll see...

Me: All right, man, I understand. Although I have to admit I'm a little scared. Make that a lot scared! You have helped me out so much. But you know, all of this is still a little hard for me to believe. I swear to you that at times I feel like all of this is crazy! I feel as though I'm somehow just hallucinating all this

and making it all up in my mind! In fact, I feel as though I've lost my mind thanks to all my experiments! Especially in this particular experiment with LSD and sleep deprivation.

FM: Well, like I told you before, that is going to happen because of the PdS. That is its 'job', sort of speak. And who knows? Perhaps reality is indeed a "crazy" thing... But I will have you know this: When consciousness begins to self-reflect and ponder about the nature of its own existence, such as you have, it is because the time has come for said consciousness to awaken to Itself. You have awakened.

Me: Wow... All this is pretty deep, "Joey". And all of it has been truly incredible. Hey, this merging isn't gonna' hurt, is it?

FM: No. Not at all. I won't feel a thing...! Ha-ha-ha-ha, just joshing. Rest assured, it will feel just like waking up from a dream...

Me: Well, okay then. Good-bye, "Joey". I mean, FM. Or I guess hello! Oh, by the way, now that I know about this, I'll definitively write a book about it, and even publish it myself if I have to!

FM: I know you will. And by the way, it's not Joey, Joey, it's Zoe!

A few moments later I awoke from a very vivid and lucid dream. My mind was very clear and lucid, and I felt simply great—as if I could take on the world.

COMMENTARY

As those persistent and daring enough will come to discover, there comes a time in the evolution of each individual's consciousness when one does not have to 'die' in the physical sense, but, instead, one may switch or shift from one set of immediate probabilities to another. For example, let's say that you have a choice whether to go on a vacation or not. Let's further suppose that you do decide to go. However, the airplane you board runs into serious mechanical difficulties, crashes, and everyone onboard including you, perishes.

Now, if you happen to be developed enough then you won't have to go into a state of confusion, panic, etc. and also have to go over to the astral plane and wait until you can be reborn into what will now be a *different historical timeline*. Instead, the part of you that has been through this before—death—will simply switch to a probability in which said airplane crash did not occur. Or, you will simply shift to the probability continuum where you did not board the airplane in the first place. The only reason you may participate in this seemingly tragedy—by boarding the airplane—is for the sake of the experience, which is what we have all come to the physical system of reality for. In fact, as bizarre as it may sound, life and death are a form of 'entertainment' that most of us enjoy at subconscious levels. Much the same as people who watch a motion-picture that

depicts an airplane collision, car wreck, love story, etc. for entertainment.

However, once one becomes aware of the other available choices—by involving oneself in the accelerated development of consciousness, like for example studying and internalizing works such as this one—then there is nothing to ever, *ever* fear, including death. I have also learned that the shifts that enable us to switch between probabilities or probability continuums are not performed in quantum jump or quantum leap fashion—for only particles can engage in those. In fact, if we were able to ‘quantum leap’ into another probability continuum we would then be doing so in a *physical* fashion. That however, would not be psychoportation—rather, it would be teleportation. And presently, on this probability continuum, such technology is not yet available. Nor is my consciousness sufficiently developed to perform said feat.

In psychoportation however, we switch between probabilities not in particle-like fashion, but rather in *wave-like* form. This enables our consciousness—which is both wave-like *and* particle-like in nature—to travel *faster than the speed of light* and warp space-time. Then, after said crossover has taken place, one may choose to be an observer; or if preferred, one may become a participator by *psychodynamically integrating* with a probable self. Near death experiences are a form of this probability probing/psychoportation/psychodynamic integration I’ve been talking about.

Date: January 2, 1997

Set: Mentally alert. Emotionally excited. Physically ‘up’.

Setting: My home office, 11:00 AM.

Substance(s): LSD

Amount: Aprox. 200 mcg. (2 blots)

Technology: BT-6

Settings: BT-6: **Modulation:** 111 Hz.; **Pulse Width:** 550 microseconds;
Time: 63 minutes

Stimulation Time: (See above)

Method: I listened to an audiotape that featured a speaker discussing God and the Universe. However, since this was the first time I was ingesting this substance, and it looked so insignificantly small and ‘homemade’—it was a tiny piece of gray cardboard laced with LSD—I decided to give it a boost by getting

my brain juices going. For this I used my BT-6 neuroelectrical stimulator, which this time I attached behind my earlobes, in the indentation where the back of the jawbone connects to the head, via its special electrode headset. Using neuroelectrical stimulation greatly altered the experience, by the way. Because since first partaking in this experiment, I have ingested LSD *without* neuroelectrical stimulation, and have had entirely different experiences.

Code: LSD + (BT-6)

EXPERIENCE

The first time I experimented with this psychedelic, I experienced something that was truly spectacular, beautiful, and blissful. A good friend of mine Edsel Dope, who at times has been my "Dr. Feelgood", gave me my first two tiny tabs of this 'infamous' chemical. I remember that I couldn't wait to try it. After taking the LSD I laid down on my bed, in my darkened bedroom. The effects came on gradually and took less than one hour to begin. The visuals consisted of geometric fractal-like image patterns. The feeling aspect of the LSD was one of anticipation. Much like one feels right before going on a roller coaster ride. Physiologically, I felt an electric-like rush sweeping through my entire body; and my head felt as if burning acid was running through it and unclogging my synapses. This feeling was greatly enhanced by the neuroelectrical stimulation that my brain was receiving. However, there was no sense of pain or discomfort. Only the awareness that definite and dramatic neurochemical changes were taking place in my brain.

Then, at one point, I felt my consciousness expand into cosmic proportions, and I came to feel 'divine'. I also felt detached from myself, yet somehow loving and acceptant of the 'individual' participating in this experiment—me. It was as if suddenly I was above being human, yet I understood the 'human experience'. I felt omniscient, omnipotent and omnipresent. Moreover, I felt goodwill and untold love towards all mankind, and all things, and all creatures. I also felt my human personality sort of peeking in on this experience.

At one point during the experience my view changed, and I clearly began to discern what appeared to be a painter working on a huge canvas. I also began feeling an unexplainable sense of familiarity and love for this three-dimensional lifelike image of the being that now appeared before my mind's eye. I felt a sense of love not only for him, but also for the canvas he was painting on. Also, my fondness became so powerful, and so overwhelming, that not only did I begin to weep uncontrollably, but the next instant I was no longer a separate observer. Instead, I had become a participator in the scene. Not only that, but I had also become the canvas, the painter, the brush, and the colors in the palette; even the palette itself!

I had also become the painter's feelings, thoughts and imagination! These feelings were sort of similar to joy and ecstasy, except multiplied by about a billion. Even that example doesn't make it any justice. Indeed, what I was feeling was truly beyond words. As the painter painted on the canvas, I sensed that with each stroke of the brush—which I had become—the canvas—which I had also become—sang with transcendent joy. This, I came to realize, was because the thought/images/feelings in the painter's mind/heart/soul, were finally finding *expression*. But that's not all. I also realized that the highest joy was not in the actuality of the thoughts and feelings finding expression by materializing themselves on the canvas, on the contrary, the ecstasy was in the process of *almost becoming*... You see, I sensed that once the thought-image was manifested in the canvas it was no longer 'divine'. No, once it actualized it became material, and therefore mundane. So the trick to it, if you will, and the joy of it, was to remain in a state of *almost becoming*—and not fully actualizing. In other words, flowing and savoring the experience, as opposed to ending it.

As I was experiencing this I got the urge to mentally ask, "What are you?" The replay I received was:

"I am."

"Am I love, you ask? No, I am not love."

"Am I all? No, I am not all."

"Is love all? No, it is not."

"Am I you? No, I am not you."

"Are you me? No, you are not me."

"Do you really want to know what I am?"

"If so, I will tell you. I am 'strange-ness'. I am 'weird-ness'. I am 'nothing-ness'. I am 'all-ness'. I am love. I am hate. I am you. I am not you."

I then interrupted: "Is this enlightenment?"

The answer to that was: "I shall tell you that you will never come to the final conclusion of what I truly am, nor to complete 'enlightenment'—as you so call it. For what I *am* cannot be comprehended, conceptualized, talked about, or even described. What I *am* can only be *experienced*—even in the most mundane of matters! This experience is self-realization as "God"; and living, thinking, creating, and acting *from* this state of being *is* 'enlightenment'. Yet there is nothing to experience, nor any enlightenment to be had! The instant you understand this, you will begin to discern what I truly am. Yet I tell you this: The moment you come to this realization, I will be something else."

I don't know if any of that makes any sense to you, but that was my experience.

COMMENTARY

Apparently, psychedelics such as LSD trigger in the user's mind whatever psycho-spiritual experiences they are prepared to assimilate. Some of these experiences may come not only from subconscious levels, but also from the cellular level. And what I mean by this is that psychedelic substances may activate our body's cellular memory. These experiences may vary from the horrific to the divine, of course. As pointed out previously, these substances do not possess any external characteristics, but rather act as catalysts for whatever experiences the psyche of the user is ready for and need.

However, if an individual is not intellectually inclined for example, then he or she will not have any intellectual or philosophical insights. Again, these substances only act as a trigger that releases whatever latent abilities the individual already has within.

Date: November 11, 1998

Set: Mentally alert. Emotionally 'weird'—sort of reluctant. Physically aroused

Setting: My bedroom, 11:00 P.M.

Substance(s): Dextromethorphan, dimenhydrinate, LSD and bupropion HCl.

Amount: Dextromethorphan 8 oz.; dimenhydrinate 450 mg.; bupropion 300 mg.; and LSD 80-100 mcg. (1 tab of blotter paper type)

Technology: Photosonix Nova Pro and OASIS

Settings: PHo: **Session:** #46 (dual binaural beats & surf) **Time:** 60 min.
Volume: 35 **Intensity:** 35 **Tone:** (FP) **Frequency:** (FP) **Pitch:** (FP) **Mode:**
 (FP) **Frequency Range:** 4.5-14 Hz.
 OASIS: **Frequency Range:** 4.5-14 Hz. in stereo (synchronized with the PHo)

Stimulation Time: 60 minutes x 2

Method: I ingest 2.5 oz. of DXM at 11:00 P.M. (I took a four-hour nap earlier in the afternoon, therefore I was well rested.) I wait two hours and ingest another 2.5 oz. of DXM and 150 mg. of bupropion (a.k.a Wellbutrin SR) at 1:00 A.M.; and then proceed to hook myself up to both my PHo and OS. Therefore the neuroelectrical pulses were in sync with the dual binaural frequencies. I then wait two more hours and ingest the final 3 oz. of DXM together with 450 mg. of dimenhydrinate and another 150 mg. of bupropion, and repeat the

same PHo session again, but this time *without* the OS. At the end of the PHo session—about one hour later—I ingest the LSD and proceed to lie down on my waterbed.

Code: DXM + D₁ + bupropion HCl + LSD [at stated time intervals] + (PHo)

EXPERIENCE

I decided to try this combination and method of ingestion (of DXM) because I had come across some information on the Internet regarding a different type of experience using low ‘booster’ doses of DXM, as opposed to ingesting it all at once. Supposedly, this enables users to not only increase the length of time that they are left at a particular level, but also increases the psychoactive effects of said level. Thereby allowing for an entirely new experience, and even entrance to a different psychological realm than what is available in the regular way of ingesting DXM. Coincidentally, I had come into some samples of the pharmaceutical bupropion HCl, by the brand name Wellbutrin SR, an antidepressant similar to Prozac, which was prescribed to me as the result of the depression I sometimes had at the time, due to a work-related injury (low-back disk herniation).

According to what I had read about bupropion, when taken in conjunction with dissociatives the trip is prolonged in *time* as well as in *intensity*. And the reason I decided to combine these two particular drugs with dimenhydrinate was because I knew that high doses of DXM mostly produces closed-eyed visuals, while dimenhydrinate only produces open-eyed visuals. Therefore, I reasoned that by combining DXM with dimenhydrinate I would be able to see hallucinatory constructions with my eyes either open or closed. (For I usually open my eyes when an experience gets too freaky for me to handle.)

In addition, by using LSD, I theorized that I would have more of a cerebral experience, as opposed to a spaced-out one. Also, the combination of synchronized photo-sonic stimulation together with neuroelectrical stimulation always provides me with a stronger brainwave entrainment. Hey, it all looked good on paper. Although I have to say however, that this was the *first* and the *last* time I will ever ingest this admixture. Indeed, nothing ever prepared me for a *daylong* psychonautical voyage...!

After the initial intake of my first substance, and for the first four hours, I only experienced mild DXM level 2 effects. After ingesting the dimenhydrinate and the bupropion, I started to experience mostly auditory hallucinations, since my eyes were closed most of the time. These tones were utterly fascinating and resembled high-tech sci-fi-like sounds. The intensive sleepiness associated with dimenhydrinate was greatly diminished because of the bupropion. And because of this, when I was done with the PHo and the OASIS sessions and removed

my eyesets and electrodes, I clearly began seeing amazing visuals. Large insect-like creatures began appearing before me and glided all over my surroundings. These insects—similar to flying barracudas—would come at me, but evaporated as soon as I touched them. Therefore, these attacks did not produce any physical harm, and to an extent were rather amusing. This experience superseded any virtual-reality technology that I know of. In fact, it was like having a lucid dream while awake. It was simply amazing.

However, when I took the LSD—and within forty-five minutes—all hell broke loose. Three-quarters of an hour after having taken the LSD I felt my consciousness alternating between two angles. These angles produced such a powerful pull-effect on my consciousness that the perception of my surroundings was literally slanted. To give you an idea of what I'm saying, picture a video camera image slanted about thirty degrees to the right, and to the left, at the same time. Then picture both images (right and left) superimposed onto one another. That's what I mean.

And, because of the way I was now perceiving my environment, my equilibrium, sense of standing reference point, and perceptual mechanisms were completely jumbled. I felt gravity pulling my body down to the ground, while I felt my consciousness raising out of my body, simultaneously. Yet never prying completely apart from each other. In a way, my brain exhibited a sense of both pressure and lightness together and at the same time. While this was happening, the top of my head felt as if millions of sharp pins were piercing it. This sharp pressure produced an uncontrollable itch (associated with DXM intake).

At this point I was completely bathed in sweat. And while I laid on the floor of my bedroom, I found myself weeping uncontrollably, for I'd forgotten what 'floor' was, what 'bed' was, and what 'bedroom' meant. All of these 'things' and 'concepts', were completely alien to me now. I would also experience blurred vision every ten seconds or so. In addition, even though my bedroom is 20' x 20', all of the objects in it—my bedroom furniture—seemed very distant relative to me. Not only that, but the 'furniture' was really scaring the shit out of me by this point! I was completely confused and frightened by everything that I was seeing and experiencing. Moreover, I had not only forgotten that I had a vocabulary, but I'd also forgotten what 'words' were. Therefore the thoughts in my head felt like entities, which I thought were invading my psyche.

Physiologically, I noted my heart beating uncontrollably—as if wanting to pop out of my chest. My stomach muscles were throbbing. While my body temperature went way up. So high in fact, that it felt as if I was lying down under the sun on a hot sunny day at noontime. (Although I always keep the temperature on my apartment at around seventy degrees.) To make matters worse, the size of the insects I was hallucinating increased until they became solid to the touch. They became roughly about eight feet in length; as opposed to as when they first appeared—maybe one foot long. However, I had no idea what 'insects' were, either. I had forgotten everything—*everything*. The insects

began attacking me and biting chunks of flesh out of me—complete with blood squirting out of the wounds. It was terrifying. This however, produced no pain. Only horror, which I felt, was worse than any pain I could endure. When I tried to get away from these creatures, to my dismay I realized that my extremities were not responding to my thoughts and mental commands. I simply could not get a response from my legs or arms. So I started sobbing even more. I was confused. And the more I cried, the more panic would envelop me. After doing this for some time I eventually passed out.

Upon awakening a few hours later, I noticed something else. My scope of hearing was suddenly permeated with dozens of screams and weeps. All of these sounds made my inner-ear muscles quiver in terror! That's correct, I actually felt the tiny muscles in my ear expanding and contracting! I had inadvertently become aware of a whole new set of mechanisms not available to my conscious mind. In a way, my ears felt like radars tuning in to each one of the sounds I was hearing. Concurrently, my mind would present me with a visual representation of each of those sounds. And, eventually, the sounds became visuals, and the visuals became people.

Suddenly, a group of people—some crying, some laughing, and some screaming in anguish and terror—surrounded me. They also seemed confused—just as I was. I intuitively sensed that it was inside an insane asylum of sorts—full of deranged, psychotic, and schizophrenic people. As I tried to focus on their features, I noticed that their faces would elongate and retract in an exaggerated manner. It was as if their features were being manipulated through a special-effects computer graphics program, thereby resulting in bizarre shape-shifting effects. In addition, the facial distortions were in sync with the 'flange-like' sounds I was hearing.

While lost in all of this open-eyed imagery, I closed my eyes for a few moments and immediately became startled. Now I was seeing right though my eyelids; but I was viewing something completely different. I had somehow been transported to a completely different realm. The closest I can come to describe it as is a world made out of glass. It was full of tall octagon and diamond shaped structures; and the whole sky was bathed in a purplish shimmer. However, there were no sun or moon that I could discern. Mechanical-like creatures, similar in shape to C3PO (the android character, from "STARWARS"), inhabited this alien landscape. These creatures were made out of glass, instead of metal. Their bodies were transparent, except for their faces, which were dark-colored—similar to the mask coating on Siamese cats. And they all looked exactly alike, identical. From what I can remember, they appeared to be busy working on what seemed to be the construction of something resembling a large structure.

As I was staring at them for a few moments, one of them noticed and pointed at me. The others looked in my direction and stopped working. Then, all of them—about fifty—started walking towards me, as if curious. The one

that initially noticed me came up to me, slowly reached for my face, and took my chin in its hands. As the creature had part of my face in its hand, I just stood there paralyzed with fear and horror. None of the creatures attempted to communicate with me. They just seemed curious. In a way, they made me feel as though I was some type of bug or something.

As this was taking place I remembered that I had closed my eyes, so decided to open them up and see what would ensue. When I opened them I was back at the insane asylum—which I have dubbed the dimension of psychological warps. Apparently, it's a psychological wasteland of sorts—a junkyard for defective minds. With this came the realization that either the opening or closing of my eyes would determine where my consciousness was focused.

And, by doing precisely this, I shifted between these two worlds for almost twenty-six hours! Eventually my mind and brain apparently came to the point of neurological overload, and I completely blanked out. Because of this, much of my memory of this particular experiment is gone. When I completely came to—after the twenty-six hours—I felt that my personality was somehow set aside, and because of this, I became aware of someone else's ego/personality inside my mind and body. This time my consciousness was not somewhere in hyperspace merged with someone else's. Rather, someone else's consciousness had come into my reality and was now merged with mine! This other personality turned out to be Dr. Kzark Prestidius, who I have mentioned previously. Again, he is a scientist who exists on a probable Earth.

What follows is a transcript of some information that I channeled in the form of automatic writing, after the end of my trip.

Dr. Kzark Prestidius on Neurological Resonance

"The human brain regulates the perception of quantized particle-reality through the endorphin system. In this fashion the brain also decides which stimuli to pay attention to. Endorphins affect the perception of incoming signals at many levels of consciousness. These signals are transformed into neurological pulses, which are then decoded by the conscious mind. Reality is filtered by whatever neurotransmitters are being metabolized in the brain at any given time.

In neurochemical terms, normal counts of 5-Hydroxytryptamine or 5-HT [serotonin] construct 'physical' reference-point reality. In contrast, 4-hydroxy-N, N-Dimethyltryptamine [Psilocin] or N, N-Dimethyltryptamine [DMI]—both powerful hallucinogens—construct alternate reference-point realities—some of them *non-physical* in nature. A ratio disturbance of only one molecule, or even the displacement of one position in the molecular rings is enough to disrupt the perception/construction of any one reality system. Thus, allowing said alternate frequencies—now in neurochemical form—to bypass the synaptic clefts associated with *their* particular reference-point created reality.

For this process to occur the brain can either metabolize ingested psychoactive compounds, or, self-synthesize neurochemicals, which is what allows the perception and/or access to alternate realities—both in dreams and in transcendent out-of-body states. In fact, if too many of these neurochemicals are released while being somewhat cognitive but on the way to stage 1 sleep [which is what happens when we enter heavy theta/delta consciously], it is possible to see geometric patterns, hear strange sounds and/or voices, feel strange tremors, and even see people that are not from said reference-point reality. In other words, one is ‘hallucinating’ naturally, without the aid of pharmacological catalysts.

As the focus of consciousness is shifting between psychodynamic frequency domains, high-powered sounds and high-pitched frequencies may oftentimes be discerned. This is due to the fact that human beings become sensitive to internal physiological frequencies when they reach deep levels of psychophysiological relaxation. The reason for this being that one’s consciousness becomes sensitized as result of the activation of the parasympathetic nervous system.

As this is occurring, one becomes able to actually hear the pulsations of electrons—which occurs when tryptamines begin to undergo metabolization in the neurological system. In fact, the brain’s neurochemistry undergoes massive fluctuations as it cycles through each one of the sleep cycles. Each of the sleep cycles resulting in a unique altered state of consciousness, *if* lucidity is maintained.

There are also measurable physiological and electromagnetic changes that take place as an individual undergoes this psycho-neurochemical process. The most notable one is the skin voltage potential which undergoes a polarity reversal. At this point a two-way communication between the mind and the brain/body is severed—which in turn signals the body’s consciousness to shutdown. This is immediately followed by the 5-HT receptors, in particular, beginning to accept psychoactive molecules that the pineal and pituitary glands begin to secrete. Amine levels in the brain also begin to increase and large amounts of tryptophan are concurrently metabolized.

Biochemically however, what causes the brain to perceive alternate realities or frequencies of consciousness, is the displacement of serotonin from their normal 5HT and 5HT2 receptor sites. These neurochemical and receptor exchanges are what allow for a shift in perception or focus to occur. The chemical interactions just described alter the flow of signals through the limbic areas of the brain and the neocortex, resulting in an almost complete suspension of physical sensory data construction/perception. This causes the temporal lobe and the occipital lobes to perceive non-physical data, which is then experienced as reality.

Special complex harmonic overtones may be used to induce these neurochemical changes. Some frequencies modulate vibrations within deep structures of each brain hemisphere, which results in vibratory sonic symmetry at

the quantum molecular level. The result of this neurological resonance is higher cortical and psychic functioning, which already exists in the neural DNA-RNA matrix as electrically coded information.

Energized thought in the form of emotion, coupled with intention, act as a conducting transducing circuit which activates paranormal functioning when consciousness is sufficiently developed. ESP, telepathy and psychoporation, to name but a few psychic modalities, are then a by-product of this psycho-neurochemical and neurophysiological process..."

DISCUSSION

I have to admit that at one point I began to feel inwardly confused by all of the experiences I was having. By the time of this experience, I had experienced a number of different personalities, which I knew spawned from somewhere within my subconscious. Thanks to FM's insights, and my continuing research, at times I could merge my consciousness with various probable selves of mine (as in PDI). Once inside their minds, I had some access to their memory banks. In a sense then, I would become whomever I was psychodynamically integrated with. Yet I somehow still managed to retain a little bit of 'me' inside my host's mind. In this particular instance, I found that when I came to, my conscious mind had much scientific information and/or insights that had not been available to my conscious mind previously. In a sense, this felt sort of like channeling, because I immediately felt the urge to get a pen and a piece of paper, and write down these impressions. At times during this experience I even spoke out loud some of these ideas and concepts that were suddenly in my consciousness.

Little is known about brain functioning. Even less is known about the conscious, subconscious, unconscious and super-conscious mind. I feel that what I have presented here so far, is an indication of this fact. The mind still holds many mysteries; and the only way to make these 'unknowns' into knowns is by exploring the psychological landscapes that I, as well as others, have, and continue to explore.

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As a side note I would like to share with you the following experience.

PSI T.V.

The further I delved into my experiments, the more suspicious I became about my experiences. In that regard there were many, many times when I wondered if all of the experiences I was having with psychoportation, and particularly with psychodynamic integration, were simply nothing more than highly elaborate lucid dreams. But the fact that everything I encountered while in this hyper-lucid altered state of consciousness was so Earth-like; and the fact that I could not fly or change my surroundings as I usually can on my regular lucid dreams, led me to realize that I was experiencing something completely new and different. Still, I wanted more conclusive proof.

One day I decided to test how real these alternate Earths really were. So I entered an altered state of consciousness using only 60 mg. of ketamine. Within a few minutes I found myself floating above the living room of an average-looking apartment. I intuitively knew that my shape was that of a pinpoint of iridescent light. From above I noticed a woman in her mid-twenties sitting on a couch reading a magazine. Somehow I knew that this person was a probable version of me.

I then decided to integrate my consciousness with her mind, so as to have a physical body in which to operate in. And, as soon as I made the necessary mental commands, the letters of the magazine page started to come into focus on *my* field of vision. (The actual feeling-sensation of this phenomenon is like that of a false awakening within a dream. Except that it's very subtle.)

Since I was still somewhat doubtful about whether I was having a lucid dream or not, I proceeded to conduct a couple of reality tests. After performing them with negative results, I was indeed satisfied that I was in fact temporally inside someone else's mind and body and on a probable Earth—and not dreaming. Realizing this excited me greatly, for I knew that I had an endless array of exciting possibilities at my disposal.

However, I knew that I had to mentally relax and focus my thoughts one at a time, or else I ran the risk of an involuntary return to my physical body. I also knew that I had to keep repeating my name, age, occupation, date of the experiment, planet/dimension of origin, etc. or else I ran the risk of total integration—resulting in 'me' forgetting that I was involved in an experiment in the first place; thereby forgetting the entire experience. (Note: As I have pointed out previously, the type of data which is sometimes acquired through PDI and/or PSP is stored in the subconscious mind, where it stays suppressed before reaching the conscious mind as a fleeting thought, idea, or, as in my case, total-recall). I then mentally started my PDI methodology.

"My name is Joey, I am thirty-two years old, the year is 1079, I am... OOPS!

Wait a second... That '1079' did not come from *my* memory banks... The year where I come from is 1998 [at the time of the experiment]. Umm... Even though this Earth resembles the version of the Earth reality where my name is Joey, it seems that those who exist on this particular version of Earth are either more technologically advanced than us—for we did not have this type of furnishings and technology back in the year 1079—or, perhaps people here keep time in a different manner... I wonder if... Well, never mind that for now. Let's see what else I can find."

As I looked around the room, I noticed a regular-looking television set. I also noticed a remote control on top of a table directly in front of me. Without giving it a second thought, I picked it up and pointed it at the t.v., pressed a button, and the t.v. set clicked on. (The reason I did this without giving it a concentrated thought is because if for example, I try to figure out how something works in the probable Earth I'm exploring, I somehow momentarily short-circuit the access I have to my host's memory circuits, and find that I don't know how to operate whatever commonly used devices I'm trying to operate. In other words, I have to *act* without giving it a second *thought*. In that sense actions must be reflex-like.)

Anyway, after turning the set on, I start watching a talk show. Inwardly I'm saying to myself, "Wow, television from another reality!" Wanting to see how many channels I had access to, I start channel surfing and find that there are quite a few—all with different programs in them. After surfing through a few stations I stop on a channel that is playing a cartoon. The style of this cartoon is reminiscent of an old black and white Betty Boop or Mickey Mouse cartoon, shot on thick-stock grainy film. As I stare at the moving pictures for a few seconds, I realize that I'm watching what looks to be a Frankenstein's monster cartoon-like movie. Except that the monster does not resemble the classic creature played by Boris Karloff. Instead, the monster looks like a combination of the old Hammer House Frankenstein creature and the Frankenberry cereal character. The part of the movie I'm watching depicts the monster inside a cemetery, as he is digging up graves by hand and collecting various body parts, while weeping heavily and rather dramatically. There is also violin-like music playing in the background, which has a melancholic melody and feel to it.

While I'm watching this scene—which is the only scene I saw—I realize that the monster is coming to grips with what he really is. In fact, he realizes that each of his body parts came from some of the corpses in the graveyard; and he therefore feels a deep sense of belonging and love for them. As I am mentally processing this program, I think about how unusual it really is. As I continue to channel surf to see what other programs are on, I begin watching some sort of medical documentary. There is a group of doctors that appear to be discussing the latest treatment for baldness. The procedure they are discussing is the transplantation of cloned hair follicles. On yet another channel, I see what appears to be a trailer for a movie. From what I recall, the trailer

depicted the story a grandmother and a dark-purple amphibious-like monster that lives with her.

In watching some of the featured short movie clips, I gathered that a baby monster—which in most scenes is the size of an eight-year old boy—landed in the old lady's backyard. The creature was inside a meteorite that was actually an egg. The old lady found the baby monster and raised it as her own. I also gathered from the trailer clips that the creature has the uncanny ability to shape-shift into objects or people. On the last scene I recall seeing, the little monster—in the shape of an odd-looking kid—is at a schoolyard surrounded by a couple of kid bullies. These kids are teasing him, as well as teasing a little black girl who had apparently befriended him. At one point the odd-looking kid shape-shifts into a big gorilla/sabertooth tiger-type creature and scares the bullies away. Following this, he shape-shifts back into his regular boy appearance and laughs with the little girl. Finally, a title flashes across the screen: "Creature Feature". Now Playing.

As I'm watching this, I conclude that what I am watching on television is all real, and not my imagination at work. My consciousness is in fact receiving perceptions in the form of audio-visual pictures from television stations that exist in a probable version of Earth!

After this, I instinctively get up and walk towards the kitchen area. This room resembled a kitchen just like the ones here on this Earth, and contained much of the same appliances. I remember seeing a refrigerator, a stove, and what looked like a microwave. However, just to make sure that I wasn't making up any of this, I remember opening the refrigerator to see what was doing. I was pleasantly surprised to find a number of containers that were completely unlike the common ones that I am familiar with in my reality. In fact, one of them appeared to be some type of soft drink by the name of "ZIPPY". Furthermore, the labels on all of other containers were also unfamiliar to me.

Next, I turn to the microwave, since its appearance was rather odd. (It was clam shaped and pretty much resembled the new Apple® iMac desktop computers.) As I stared at it for a few moments, I noticed that part of my host's memory started coming in through to my consciousness. Within seconds, I instinctively knew what this appliance was and how it worked. This was not a microwave oven—which uses microwaves in order to heat up food particles. Instead, this appliance is called a 'food temperature conditioner'.

The principal behind its technology is that it uses certain harmonic frequencies or oscillating waves that are phase-inversed. Apparently, they cancel-out the cold or heat energy-waves that emanate from the food placed into it, by reversing or rather phase-inverting the temperature waves into the exact mouth temperature. For example, if you were to put a hot slice of pizza into it, the food temperature conditioner will reverse its heat waves of say 110 degrees, down to 98.7 degrees (mouth temperature) in about ten seconds. On the other hand, if you were to put in a refrigerated and cold slice of pizza it would then

use the cold emanating from it and phase-inverse it to the desired hot temperature!

As you can imagine, the implications of 'coming up' with 'ideas' in this manner shook me down to the core of my imagination, and I immediately found myself coming to in my physical body.

CHAPTER 6

An Introduction to Psychocyberdynamics

*"If you are afraid of what's inside your psyche
you are indeed in fear of yourself. If you are
afraid of yourself, then you will fear Us."*

Zoe7

As a result of my experiments, I have inadvertently structured a self-development program, which I have dubbed Psychocyberdynamics. It features a number of mental exercises, and begins with the use of brain technology devices and 'minor' psychedelics, such as 2C-B and MDMA, which help one release psychological and emotional issues; and offers insights into the nature of human existence. It then continues on to other more potent psychedelics, such as LSD and psilocybin, which allow for more 'cerebral' insights into the inner-workings of the mind. Eventually, one is developed enough to the point of being prepared to intake more powerful hallucinogens, such as ketamine and dextromethorphan, which enable one's psyche to transcend the boundaries of space and time and explore the interwoven webwork of hyperspace—including other worlds and realities, and even communicate and merge one's psyche with other human and non-human intelligence species; and bring back understandable descriptions and accounts of what has been found there. (I point this out because many individuals who experiment with most of these substances oftentimes can only verbalize what they find in these altered states with but a handful of words such as: "Wow!", "Oh, my God.", or, "I cannot believe it."

However, by following this program, I have been able to develop and increase both my neuro-visual as well as neuro-linguistic capabilities. Not to mention my intelligence and depth of thought. Thus, I have been able to write

about my altered mind-state experiences in an intelligent *and* intelligible manner. In my opinion, it is my firm conviction that in the hands of *responsible adults* these substances allow for life-changing, keen, intellectual, and even spiritual experiences worthy of scientific scrutiny. Sadly, because of current political agendas, the program I have developed may never see the light of day here in the United States.

Now, an observation I have made is that many "authorities" on subjects such as philosophy or religion, don't really comprehend, understand nor incorporate the *essence* of these into daily life. Instead, they recite statements. In that sense, they have become mechanical and robot-like. The interpretation of acquired knowledge and feelings about what they have studied becomes a crutch, and without it they cannot walk. In Psychocyberdynamics however, one may say that the acquired information, mental re-conditioning, skills, and experiential knowledge, which will result from its study, are only to be used as a bridge to get one across to the other side; having arrived it is left there and not forever carried on one's back!

Training in Psychocyberdynamics is a process. But it is not so much a process of learning, as it is of 'un-learning'. It is not a system of guidelines with its own specific and rigid set of protocols and rules that *must* be followed and adhered to. No, in fact, there is no structure, protocols, or formula to go by in this philosophy, art, science and set of skills. Instead, it utilizes all philosophies, sciences, techniques and methods, such as lucid dreaming, astral projection, biofeedback, meditation, imagery, remote perception, quantum physics, psychopharmacology, and many others, but it is bound by none of these. Therefore it is neither 'this' nor 'that'.

Indeed, its philosophy is that it has no philosophy; its one and only rule is that there aren't any; and its structure is the one which it lacks. However, don't misunderstand and think that Psychocyberdynamics is in no way structured. For as I said earlier: there is a difference between 'lack of structure' and 'unstructured'. Again, one is stupidity. The other is *transcendence*.

Although some of you may be interested in learning Psychocyberdynamics, in reality what you are seeking to learn is really how to express yourself—your omniscient, timeless and infinite Self. And in order to do this, all that is needed is the natural fluidity of the *unconditioned* mind. Therefore, a de-conditioning of the mind is at the heart of this 'non-system'; for in nothingness lies potential. Hence, the mind must become shapeless, formless, and unconditioned once again. After doing so, it can then be re-imprinted with a new set of *desired* beliefs, which in turn will enable one to truly understand, comprehend, and, most importantly, *know* that there is nothing that one cannot achieve, have, or become, for the Self is limitless, infinite, and all-encompassing.

One of the *suggestions* Psychocyberdynamics makes is that one is to learn as much as feasible from as many subjects as one can get its hands on. In that respect, one must fill the mind with as much information as possible. After-

wards however, one is to *forget all of it!* One is not to become imprisoned by anything or anyone. Instead, one is seeking to unleash *everything* within oneself! Consequently, this path of self-realization, or rather self-actualization that one will *come to develop for oneself* must not be rigid or structured in any way. Instead, it must be like a good stick of bamboo: solid and strong, yet pliable.

As one internalizes all of these concepts and goes along with one's studies and self-development, eventually one will come to find that one is not acting, nor thinking, or doing anything! Instead, *it* is doing it for you! And 'it' is one's true essence of being. In this *state of being* then, the mind will not become absorbed or focused on any one aspect of the whole. For if this is done, then the seeker will loose the *other* aspects that makeup the whole. Ideally then, one should 'stand back', so as to see all the integral portions of one's Self. Then, and only then, will the seeker find wholeness.

Psychocyberdynamics combines ancient as well as modern techniques, tools, and information that interested individuals can use in order to become proficient at *any* endeavor that requires high levels of mental and psychic stamina. However, since this is a book on how I came to develop PSP and PDI and not on Psychocyberdynamics per se, I will present you with the facets pertinent only to these two modalities. Therefore, I will now continue by elucidating concepts relating to PSP and PDI.

(Perhaps in the future I shall make Psychocyberdynamics training available in some form or another to those of you who may be interested in it. For now however, let's continue with my story and experiences, which came before I developed Psychocyberdynamics.)

Hyperspace: The New Frontier

Human beings today have the unprecedented opportunity to acquire the skills needed in order to explore the corridors of the mind, as well as of the entire webwork of creation, simply by developing their consciousness. This can be accomplished without the need for practices masked and clothed behind auras of mysticism or occult initiations. The reason I say this is because I have noticed in my studies and research that many organizations and/or mystery schools usually require membership, and give "initiations" to their students based on the *length of time* they have studied their doctrines—and the amount of money they are willing to spend. Some of these schools give their students the much sought-after information they are seeking over some fifteen to twenty-plus years of affiliation. Some of these institutions even do this over an entire lifetime of study! Because of this, many charge immense amounts of money. However, this is due to the fact that said organizations require the *income* that their *followers* provide in order to survive. Such is the case with churches, cults, organizations, etc. Of course, there is nothing 'wrong' with that. It just is.

However, the "knowledge" that these institutions disseminate does not belong to any particular sect or school that has sprung up and exists in the physical dimension! No, this knowledge exists within our minds, and may be acquired by those willing and daring enough. Now don't get me wrong, I agree that some books and other materials and tools are necessary for study. These things cost money to produce here in the physical dimension. Therefore a fair amount of money should be charged for them. However, spending tens of thousands of dollars for information that can be obtained for much, much, much less is... Well, I'll leave that up to *you* to ponder and decide.

At any rate, what one needs in order to engage in inter-dimensional exploration is a well-developed mind, as well as the proper neurological connections in the brain. And since this book deals with consciousness exploration, I will present you with some exercises given to me as well as others developed by me; which can be used so as to develop and train one's mind and generate the necessary neural pathways in one's brain that are necessary for psychic functioning. In turn, this will allow one to bring back *useful* information from his or her hyperspatial explorations. Having said that lets get down to the nitty-gritty.

When one psychoports—which basically means sending one's awareness through space-time as in earthbound exploration, or from one orbit of probability to another, as in inter-dimensional exploration—the factor that determines whether the psychonaut is able to *physically* interact with other physical beings is the availability of a physical body for the psychonaut's mind/awareness/personality. When this psychic merger takes place the phenomenon is similar to channeling, except that the individual does not let another personality inhabit its body. Instead, the psychonaut channel's its own personality into someone else's body and mind. (In fact, because of this, when I first developed PDI I called it retro-channeling.)

There are three types of psychoportation and these are:

- 1.- Earthbound Psychoportation (passive, non-physical exploration)
- 2.- Inter-dimensional Psychoportation (passive, non-physical exploration)
- 3.- Inter-dimensional Psychodynamic Integration (interactive physical exploration)

Usually, the probable or parallel Earth being explored will have a number of personalities which, combined, makeup an Overmind or entity. An Overmind is initially composed of nine I-Selves, which have become individualized in consciousness by fragmenting. These fragments are called Source QPSYEMP's, and also have the ability to fragment themselves when exploring probabilities. Thus becoming Subordinate QPSYEMP's. Each QPSYEMP—if it so desires—has the ability to eventually become an Overmind, based on all the fragmented or Subordinate QPSYEMP's it has accumulated over time, and which are *experiencing* various space-time continuums.

One important thing I need to mention is that because of all my previous research in the out-of-body and lucid dreaming phenomena, in a way I had unintentionally programmed myself by what I had read about these methods and their resulting experiences; and therefore had experiences along similar lines. At first I believed that these distinct experiences (OBE's and lucid dreams) were occurring because I was visiting the astral plane or a dream-world reality. Do recall that as pointed out previously, dream realities are PDFD's that are very plastic in nature, and can therefore be easily and instantly molded by one's thoughts and beliefs.

For example, if a psychonaut thinks of himself or herself in a particular way, or holds a particular self-image, then said image will be materialized in its corresponding reality. However, while this may be true in some instances—for example, if one happens to be visiting a 'dream' system—this is not the case if one happens to find oneself on a probable Earth. For in dream systems neither the inhabitants nor the psychonauts are bound by a mass consensus, as is the case in our physical reality. In fact, our physical reality is sustained by the consensus of its tens of billions of inhabitants—past, present *and* future!

Now, while exploring these alternate realities, I found that I was doing so in various ways. In the first manner, I could psychoport to a probable or parallel Earth (inter-dimensional psychoportation) or to this Earth (earthbound psychoportation) and therefore became simply an *observer*. Because of this, no one would notice me, and I could pretty much move my awareness wherever I so desired.

In addition, I could have an aerial view of a target, and likewise see it from a number of different camera-like angles. In the second state, I was no longer a passive observer; instead, I was able to fully interact with individuals present at the target, by merging my psyche with one of them. However, this was only possible if said individual's mind happened to *resonate* sympathetically with mine—which indicated that we were from the *same* Overmind. Furthermore, I noticed that I could engage in this activity only in probable and parallel Earths.

Let me explain all of this carefully. We'll start off with earthbound psychoportation (passive, non-physical exploration). Let's say that I intended to psychoport to my girlfriend's house. I, of course, know what the place looks like. So when I arrive at the house it should look the same way it does as when I am there in person, right? Well that's right; *and* that's also wrong! Because as I came to discover, sometimes I arrived there not only on a different *time* window (past or future), but also on a different *probability* window. As already mentioned, these probability windows are alternate versions of *our* reality, which never actualized in *this* version of physical reality. Let me give you some examples.

I remember a time for instance when I first started my experiments (without substances) and I called up my then girlfriend, and asked her to set up a large object on top of her dinning table, which would be easy to identify, so that I

could psychoport there, see it, and later report it to her and see if they matched. I also asked her to leave it there at least for a couple of days, for I did not know whether I would be able to induce an OBE on command or not.

Then, on the second night, I was lucky enough to have an OBE and therefore went over to her house. Once there I immediately looked for the item that she might have placed on top of her dining table for the experiment. However, I failed to see anything out of the ordinary. In fact, the only items I saw on top of the dining table were her purse and two green pieces of paper. The following day, when I reported my findings, she told me that the experiment had apparently failed because prior to going to bed for the past two nights (since my request) she had set up one of her dinning room chairs on top of the dinning table; and if I had really been there, there was no way I would have missed something as odd as that. Besides, she had taken her purse in to the bedroom with her, and there were no sheets of paper on top of the dinning table either.

Well, after hearing that, I was really down for days—wondering whether OBE's for the purpose of seeing real and verifiable events were at all reliable. Then, about a week later, when I dropped by to visit her, to my shocking surprise I saw on top of the dinning table the same two lime-green sheets of paper I had seen the previous week while psychoporting! These turned out to be junk-mail flyers the mailman had delivered a few hours before. In addition, her purse was also on top of the dinning table, for she had just come home from work and had laid it there together with that day's mail. As you can see, she had completely forgotten about our previous experiment, but when I pointed it out she was just as surprised as I was, especially at the implications. For I had arrived at her house not in real-time (at the time of the experiment), but, instead, I had arrived at her house on an immediate-future *time* window!

Another early experiment that comes to mind is the time I targeted a friend's house. On this experiment when I arrived there in the OBE state, his house did not resemble the one I was accustomed to seeing in real life. This was due to the fact that the entire place was furnished in early American style, and in reality it isn't. So I thought I had hallucinated the whole experience. A few months later however, when I was casually speaking with him (he did not know about my experiments), he told me that at one time his mother had almost bought the house he now lived in; but that at the last minute she had decided against it, because all of her furniture would not fit in it. Consequently, rather than parting with any of it—which she had considered doing—she decided against buying the house.

Instead, she showed my friend (her son) the house, and since my friend and his new wife were looking for a new place to move in to at the time, he and his wife bought it. This is the house—and its *modern* furnishings—which I am familiar with. Intrigued by what he was telling me, I casually asked what kind of furniture his mother had. To my amazement his reply was: "Early American".

So that time around I had arrived on a different *probability* window, and was

therefore visiting an alternate or probable universe! This means that if my friend's mother would have bought the house (my friend's house) I would have in fact arrived on a current time window in *this* universe. The whole point I am trying to make here is that since that probability did not actualize here, in *our* physical reality, it still *manifested* "elsewhere" and *exists* in an alternate reality! A reality that is just as real as ours, and which is inhabited by alternate versions of ourselves... Weird, isn't it?

Now, so far we have looked at the two types of psychoportation. On the other hand, PDI is even more bizarre. In one of my OBE's I suddenly realized that I was no longer just an observer but a participator. Let me stress that if a psychonaut happens to be in a dream system he or she can very well interact with the environment (pick up things) and interact with the inhabitants (hold a conversation). Then, if for any reason the psychonaut is not happy with his exploration, he can then either fly away, or can manipulate and change his surroundings mentally. I have done these things many times in lucid dreams.

However, there were other times when I tried to fly or float up in the air, as I do in many of my dreams, but was surprised to find that I could not do it. Nor could I change/manipulate objects or my surroundings. But what I found even more shocking was the fact that other people I was talking with were calling me by a different name. And, when I asked where I was, what year it was, or who the current president was, they would give me different information than the one I knew about; information which did not correspond with *our* version of mass reality. However, when I would mention this to the people I was interacting with—inside my 'dream'—they would look at me as though I was out of my mind. Consequently, I knew that I was having some weird type of lucid dream or OBE that I hadn't read or heard about.

At other times I found that I could have access to amounts of information that would enable me to follow a different line of thought and/or conversation, which only my host (of the probable/parallel Earth I was visiting) could otherwise do. In other words, it was as if suddenly, fragmented memories of my host's mind would merge with mine. In that regard, it felt as if I had two data banks or 'streams' of consciousness from which to retrieve information from. In one stream it was I, Joey, aware of the fact that I was psychodynamically integrated and functioning on a probable Earth. On the other stream, I was someone *else* experiencing short amounts of missing-time. Similar to when one is engaged in conversation and then suddenly notices that one has not been paying attention to the conversation for a few seconds, as a result of momentarily being somewhere else, or lost in one's thoughts. Yet these time lapses I experience are not 'empty'; instead they are full of 'someone else's' thoughts and memories!

In fact, sometimes when I'm "here", in *this* physical reality having a conversation with someone, said person will be astonished by certain things I will suddenly speak out loud, and which are out of context with the conversation

that we're having. Then, right after I say them out loud, I think to myself: "Jeez, I can't believe I just said that!" This does not alarm me too much however, for I started to notice early on an immense change in my consciousness development. Besides, my entire life people have thought of me as being a weirdo anyway. In a sense, I feel as though I am no longer a product of my conscious mind, or acting out of previously programmed thought patterns and conditioning. Instead, I feel as if I am aware and functioning from a 'higher place' within me.

Indeed, I feel that I am in touch with and grasping the 'beingness' of my whole multi-faceted and multi-dimensional Self. I have also realized that this is the result of my somewhat short time of experimentation with electromagnetic devices, binaural frequencies, flashing light and sound brainwave synchronizers, and psychedelic/hallucinogenic substances. Nonetheless, I decided to do some research on the subject of multiple personalities and see how it may relate to me and to what I was experiencing. This is what I found.

Multiple Personalities

According to psychiatrist Frank Putman, individuals suffering from multiple personality disorder (MPD) report that alternate personalities exist inside of them. Each of these 'sub-selves' has his or her own voice, set of memories, and even brainwave signature patterns. In fact, Dr. Putman has analyzed and measured the brainwaves of people suffering from MPD symptoms, and found that each of the personalities they claimed to have was indeed *unique* in its neurological profile. To rule out a placebo he also mapped the brainwaves of actors who took on the role of another character, and these studies revealed that the actor's EEG patterns did not show any changes. In contrast, those afflicted with MPD showed dramatic changes. These individuals also demonstrated drastic physiological and psychological changes such as cerebral blood flow, vocabulary, accent, hemispheric dominance, body language, and even handwriting. In one case, a woman with three different personalities had three different menstrual cycles in a single month!

I also read about another test performed—a voiceprint analysis—which confirmed that each of the sub-voices of someone suffering from MPD was indeed different. In view of my experiences with PSP and PDI, I must conclude that MPS is a real phenomenon, and not some delusion of the psyche. Indeed, MPD is but a glance at the multi-dimensionality of our true selves. Unfortunately, current psychology and psychiatry models are one-dimensional and linear in nature, and therefore unable to properly treat the varied symptoms of psychic, spiritual and multi-dimensional awakening.

Furthermore, I believe that because of the way our physical brains are currently structured—based on our human/materialistic programming resulting

from our PdS—they *repress* alternate neurological pulses, which in turn correspond to alternate personalities/identities, and which emanate from other realities. However, these alternate pulses are part of the webwork that connects us to other facets and versions of ourselves, as well as to our Overmind.

As you may already know, human beings only use about 10% of their brain capabilities. I feel that by engaging in PSP and PDI, and more specifically Psychocyberdynamics, individuals may be able to tap into unused parts of the brain. Thus, I have learned that every time I psychodynamically integrate with someone else, I am in fact perceiving an alternate reality through said host's senses and brain/mind. This allows me, for all intents and purposes, to have some access to whatever psychological and psychic data that is part of said alternate individual's mental and emotional makeup.

Furthermore, a curious phenomenon I sometimes experience while in this type of psycho-integration is that my mind translates whatever print matter I see on a probable Earth into the English language. In fact, this takes place right before my eyes. For example, if I'm looking at the writing on a book or product label and it isn't written in English, then within a few seconds, the print matter morphs right before my eyes into letters and words found in the English alphabet. (I must point out that I was already pretty proficient at looking for these types of 'subtleties', such as different language characters, because when I practiced lucid dreaming one of the many reality tests I performed consisted of looking—while I was dreaming—for numbers or letters, which could be somewhere nearby, say on a billboard. Then, if the writing happened to look like hieroglyphics or such, that meant that I was indeed dreaming. So in that sense my analytical brain had been trained to be aware of anything out of the normal.)

However, even though this proved to be the case in almost all instances of lucid dreaming, there were some instances in which as soon as I psychodynamically integrated with someone, whatever print matter was before me would morph into the English language, which I could then read. Sometime later I was informed by Dr. Prestidius that what I was experiencing was a neuro-visual phenomenon. The reason for this being that in my case I am bilingual (my second language is Spanish), and both my mind and my brain are *accustomed* to translating one language into another.

This makes perfect sense to me, for I am indeed used to sometimes think (or read) in English and then speak (or think) those same thoughts in Spanish, and vice versa. In addition, since I'm a right-brained individual (and proud of it), I oftentimes think in images instead of words. An example being that if I have to go to the supermarket and to the post office, I won't inwardly say, "Today I have to go to the supermarket and also to the post office". Instead, I'll see myself (in my mind's eye) at the supermarket and then at the post office. I believe that these factors, combined with my research and experiments, have something to do with these uncanny abilities during my OBE's and other al-

tered states of consciousness.

I hope you can see how all of this was quickly shattering my views about physical reality, the mind, and existence in the physical dimension. It was as though a blindfold was finally being lifted, and I was beginning to in fact see what "reality" really was, and how it was constantly being *created* by the physical senses of the perceiver. Moreover, as I mentioned earlier, I was informed by FM that the present life cycle I am currently experiencing is my last human experience in the system of the physical dimension—probable and reincarnational. For I have learned about its rules. Much like Dorothy—from "The Wizard of Oz"—did.

Indeed, just like Dorothy came to see by the end of the movie that the magic of the Wizard of Oz in reality was an illusion that was created and sustained by a man behind a curtain, and that all of her problems and challenges were for her own benefit, and helped her grow in both experience as well as in wisdom; I too had also 'seen' how the PdS of our PDFD sustained the illusion of what we perceive, think and know as "reality". Moreover, within this one lifetime, I had taken a quantum leap in consciousness development, thanks to my gathering of experiential knowledge and experiments in consciousness.

In fact, I have to say that all that I am today is the result of my *informed* and *proper* experimentation with psychedelic substances. As I've already pointed out, these substances are very much like 'keys' or 'passwords' that allow for 'exit' out of the physical dimension, and into a much greater reality. Therefore, these substances should be treated with utmost *care* and *respect*. Keep in mind however, that these substances will only allow one to experience what one's state of consciousness is *ready* to experience. That's why I emphasize so much the importance of *study* and self-reflection.

As a side note, I would like to include the following: For some weird reason I never got the chance to watch "The Wizard of Oz" as a child. In fact, it wasn't until a few months ago (as I'm writing this I am almost thirty-four years old) that I 'coincidentally' got an opportunity to do so. Let me tell you that watching this movie was not only highly significant to me, but made quite a psychological impact on my overall state of consciousness. In that sense, I feel that in a way we are all like Dorothy, for at some point in our respective experiences (life) we will find ourselves in 'Oz'—a reality *beyond* 'reality'—and come to the same realizations she did. Although this alternate reality is not a 'place' but rather a state of mind.

I recommend that you watch this movie if you haven't. And, if you have, then watch it again. It will put a lot of things I've been saying into perspective.

Multi-Dimensional Perception

In order to function in non-physical reality, ideally, we should be as unfocused

from physical reality as possible. This is due to the fact that in our normal waking state our senses are bombarded in every direction with physical stimuli. In turn, our brain is efficiently making three-dimensional models of everything around us, so as to properly function in everyday waking reality. However, in order for us to operate in alternate non-physical dimensions efficiently, I have learned that it is imperative to dissociate from the 'outward' physical and in to the 'inward' non-physical. Otherwise, we will be susceptible to mental and psychological noise. Consequently, in order for us to keep this mental noise to a minimum, we have to go into a meditative state, slow down brain activity, and *shut down the physical senses*.

The reason I'm bringing this up is because I have come to find that the biggest problem with conventional remote perception and ESP in general, is that it is almost always too 'noisy'. By noise I mean that it is prone to inaccurate target related data. This is due to the fact that when the remote viewer is perceiving data from the target, he or she is in a normal waking state of consciousness, and the data that is coming in is being processed through the *same* channels (neurological wiring) that our senses normally use to process physical stimuli. Thus, both sets of data mix, and the conscious mind, by trying to make sense of it all, distorts the information.

However, this is not the case with PSP, for in PSP one *always* enters an altered state of consciousness and makes use of the non-physical senses, which in turn process information through completely different channels (in my case the newly developed neurological wiring) and therefore I get virtually no noise. As mentioned before, our *perception* of three-dimensional reality is *dependent* on quantized, balanced, and exacting *neurochemical* ratios that our brains must hold, retain, and metabolize so as to properly function in physical reality.

Otherwise, we would theoretically be virtually "here", and also psychically overlapping into other PDFD's—all at the same time. I am certain that this is the case with individuals labeled as psychotic or schizophrenic; for they report that they see things that aren't really there, or claim to see and be seen by people that aren't 'real'. Psychiatrists claim that these people simply suffer from a chemical imbalance and therefore what they see are nothing more than hallucinations. Of course, I disagree with this view. Because you see, although these individuals may in fact be displaying a different neurochemical profile than the rest of the "normal" population for some reason or another, said individuals have also involuntarily tuned in to alternate dimensions or systems of reality as *consequence* of this neurochemical alteration. Which in this case is the culprit for such 'psychotic' episodes. Therefore, it is my firm belief that what separates these psychotic individuals from mystics, shamans, and saints is that the latter alter their neurochemistry (enter an altered state) in a controlled manner.

Now, a problem associated with dream travel and out-of-body experiences, is usually the rapid loss of memory right after the experience. People generally have poor recollection of their OBE's. But, as I have come to discover this is

where the BT-6's important role comes into play. I have learned that by using it for about three to four weeks the brain will increase the manufacturing of the neurotransmitters responsible for both short and long-term *memory*. Also, by taking Choline (which increases alertness, memory, and alpha brainwaves) in conjunction with a *theta* session from a brainwave synchronizer (or from an audiocassette/CD embedded with binaural frequencies), one will coax the brain to manufacture more of the neurotransmitters responsible for memory.

Getting back to PSP for a moment, although one can project from the dreamstate to the realm where probable and parallel Earths exist, for the purpose of developing PSP one must learn to go into the dream state *already* aware that one is doing so. The reason for this being that if one shifts from the physical to the non-physical continuum, humans tend to almost immediately go into 'deeper' altered states, and therefore further *away* from the physical system of reality. That is why it is so important that any attempt at time travel experiments within *this* probability continuum be performed in the *afternoon*, as opposed to *nighttime*. For one tends to remain in this 'vicinity' while taking a catnap in the afternoon hours.

Regarding PDI, at this point I have only been able to merge my consciousness with other probable selves of mine for only a few minutes at a time (Earth-time minutes). Therefore, the data retrieved in this manner tends to be somewhat limited. Consequently, I must still use my creativity to sort of 'fill in the gaps'. Not only that, but data acquired in this fashion tends to be fragmentary in nature, and resembles very much what we have come to call "ideas". Nonetheless, I feel that I have a gigantic head start by using PSP and PDI. And I also firmly believe that this is the way true creativity works—and has since the dawn of creation. What I am saying therefore is that "ideas" spring forth from probable Earths and even from alternate realities. Although they have to be actualized in *our* space-time continuum in order for them to become both valid and part of our 'future'. Otherwise they remain 'probable'. In that sense, I believe that I have discovered the mechanics of creativity. Indeed, there is nothing that we can conceive or imagine, which 'we'—in one form or another—haven't already.

It is therefore not surprising to me that world-class remote viewers, such as Joseph McMonagle, claim that remote perception as such can be used for the purpose of accessing the *probable* future and get impressions from it—as is depicted in his book: "The Ultimate Time Machine". On the other hand, PDI will allow some psychically-gifted individuals to actually *physically* visit a parallel Earth in the system of probabilities, merge their mind with a probable self, and consequently enter a medical lab, commercial retail store, or a museum for example, *see* what is there, and then bring back said data oftentimes as a *complete* conceptual model. On the other side of the spectrum, a screenwriter can visit a cinema or turn on a television set from a probable Earth, view a program or feature, and bring back said data also. As you can see, the implications of all

this are staggering.

Now, based on my experiments, I have found that stage 1/delta 1 sleep is the gateway to (our) Earth's subphysical realm, and stage 2/delta 2 sleep is the gateway to the realm of probabilities, i.e., probable Earths. In my experiments I have found that the *first two* REM sleep cycles are the optimal time to engage in PSP for the exploration of the *subphysical realm*, so as to explore events—past or immediate future—on *this* system of reality and not on a probable one. (Although I recommend that neophyte PSP explorers use the afternoon hours, because the afternoon hours offer less chance for accidental shift into the realm of probabilities or dream systems.) The last two sleep cycles are recommended for PSP and PDI in the realm of probabilities. These two last sleep cycles may also be used as a launching pad to other systems of reality, such as the astral plane and/or dream systems.

In my experiments I have found however, that most times I still have to use pharmacological substances in order to achieve *controlled* altered states of consciousness for the purpose of acquiring specific information. Consequently, as my own rule of thumb, I now use mild dosages of LSD in combination with REM cycles in order to explore *this* system of reality. On the other hand, I use DXM, ketamine, and salvia divinorum to explore other realities.

Understand that the two main reasons for having to use pharmacological substances are lack of mental programming—which would imprint the conscious mind with the 'software' or 'program' needed in order to increase its own neurochemical *ratios* of particular chemicals such as tryptamines; and because this may be the only way for our species at this point in time to bring back *useful* information from other reality systems. However, I cannot tell you that this is a safe or legal practice. In fact, I advise you against it. Otherwise, I, (and you), may be breaking the law. *Therefore this information is being presented for educational purposes only. By reading this you assume all responsibility.*

In the next section I will share some of the exercises given to me for the express purpose of constructing *new* communication channels/hemispheric connectivity (neural pathways) in the brain, for the specific function of processing psychically acquired information.

Neuromorphosis

As mentioned previously, the human body is wired in crisscrossed fashion. By this I mean that the left brain hemisphere almost always controls the right side of the body, and the left side of the body is controlled by the right brain. I have been informed by Dr. Prestidius that if a person is right-handed, believe it or not, said person has only taught the left brain how to process analytical information! This presents a disadvantage to the right brain, for its analytical communication skills are almost non-existent. Consequently, in order to perceive

data not immediately available to the physical senses or to the conscious mind, new and sensitive channels must be created and developed, so that said type of non-physically perceived information can be physically perceived and processed.

During a lucid dream experience, Dr. Prestidius explained to me that in order to teach my right brain hemisphere how to express itself analytically, I must train it in the same fashion as you would any young child. Moreover, since at this point I was interested in acquiring visual data, the first thing I needed to do was teach my right brain left brain communication skills. This could be achieved by learning to *write* with my left hand (Because I'm right-handed).

According to him, left-handed writing (right-handed if you are left-handed) will aid in the building of new neurological connections in the brain, which will open special channels of communication between both brain hemispheres, as well as between the conscious and subconscious mind. Dr. Prestidius then proceeded to illustrate on a piece of paper how this was done. Upon awakening a few minutes later, I felt a rush of energy within me, and, intrigued by what had just happened, I took out some blank sheets of paper and started working on what I have dubbed, "Reversed Mirror Writing". This technique, as the name implies, consists of writing in this fashion:

Things are not as they seem.

If you hold that sentence up to a mirror you will be able to read it. For the exercise to be effective one must start writing the words of the sentences *backward* from the last letter to the first, as well as from the last word to the first. Again, the simple sentence:

The cat ran.

Would be commenced on the *left* side of the paper with the letter ***n*** (reversed) followed by the letters ***a*** and ***r*** -space- ***tac*** -space- ***ehT*** and would look like this:

THE END

I should stress that before starting a sentence, I have to not only think of how it is going to begin and end, but must also *visualize* the last word of the sentence in *reversed* form before writing it down on paper. As it turns out, this

exercise is of utmost importance, for I noticed that after about fifteen to twenty minutes of writing in this fashion my brain began automatically reversing the mental images of the letters! I began to *see* the letters already reversed on the paper without any effort on my part. In fact, I only had to trace the images of each letter without having to think about the letters themselves, for the images appeared superimposed on the sheet of paper!

Thus I began a complete training program of writing in this fashion; first by practicing with the alphabet, then progressing to writing words, and finally, graduating to complete sentences. It took lots of patience and diligence, but I was amazed at the results. Indeed, after just a few days of practice I began to sense intuitive ideas, as well as see sharp images spring forth to my conscious mind from prior PSP explorations. Even hypnagogic imagery flowed much more easily.

Now, let me share another facet of my training. As you may recall from chapter 2, I wanted to increase my cognition of hypnagogic images, and for this I trained in the method outlined previously (in said chapter); which consisted of using a slide projector, remember? Well, I also discovered that if I described the images *out loud* I was also teaching and coaxing my brain to use its *language* centers. This, I believe, eventually enabled me to *verbally* and *intelligently* describe my encounters and experiences in hyperspace, which most individuals for the most part cannot put into words.

The way I trained myself for this was by doing the following: After ingesting a psychedelic substance, I would start describing out loud details of the visual and auditory effects I was experiencing. I also began doing the same while engaged in non-drug induced hypnagogia. As I did this, I came to find that these exercises gave me a marked edge when it came time to describe and write about my PSP experiences. Also, the level of information and types of experiences I began having after this type of training became much more intricate—as you can see from this book.

Psychoportation and Imagination

According to RV protocols, imagination is detrimental to a session. However, I have found that imagination is an important component in the role, development and practice of PSP! But as it turns out, I came to find that there are two *different* types of imagination. These are: conditioned and unconditioned. By 'conditioned' imagination I refer to that part of the mind that has been programmed since birth to perceive its environment through a series of mental images and even reflexes. These images have been efficiently constructed—and retained in the memory banks—with the aid of the repeated and heavily focused use of the physical senses. This is what allows us to properly function in physical reality, and without this programming or 'indoctrination', if you will,

we would not be able to efficiently operate in our three-dimensional physical environment (four-dimensional if you count time as a dimension). So in that regard, this programming is necessary.

In addition, as we grow up and develop we are also 'conditioned' by the cultural, socio-political and religious belief systems of the societies we grow up in. This of course influences our mental development. Even in school, our imagination is conditioned or programmed with a vast amount of knowledge and mental file cards. Like for example: $7 \times 7 = 49$ is nothing more than a programmed or conditioned mental reflex that we hold in our minds (imagination).

Now, a well-known scientific fact is that we as infants, are born with billions of neurons, which will *die* before we reach the age of two. Also, the brains of newborns contain many more neural pathways in the neocortex, which are not as well defined or 'carved' than the number which will remain *after* they reach the age of three or four. In that sense, it's as though our brains are born with *potential* neurological systems and structures that will never develop, due to the fact that they go on neglected and unused.

One possible reason for this neurological non-development might be that we as infants, perceive physically as well as *psychically*, a number of different dimensions simultaneously, for we haven't as yet learned or rather been taught how to 'correctly' perceive, distinguish, or discriminate between realities. However, as time goes by, we learn to shutdown most of the multi-sensory/multi-dimensional data that is coming in via the billions of extra neural pathways that we are initially born with.

An example of this being that just as older children sometimes play with imaginary friends but are discouraged by their parents of doing so—for they are told that they don't really exist—cradle-aged infants learn to unwittingly shutdown their perceptions of non-physical reality; because when an infant is hungry, the non-physical beings that the infant sees cannot nurse or feed him/her, but the *physical* beings—in this case the parents or caretakers, can. So in a sense cradle-aged children learn to close down alternate channels of perception out of necessity, for their main objective becomes survival in three-dimensional physical reality. However, alternate psychic channels do remain open, but are only used during the dreamstate.

In my view, this sort of 'neurological discrimination' is actively implemented in the biological development of the human species, because physical touch and nourishment for example, cause the brain to release abundant amounts of endorphins, which are the body's own reward system; psychic activity does not. But again, this does serve a purpose however, for it assures the survival of the physical species in the physical dimension. Therefore this aspect of our mind (imagination) is indeed 'conditioned' to work along the lines of physical reality. Hence its name.

On the other hand, 'unconditioned' imagination is that part of the mind that has not been conditioned by the kind of programming mentioned above. An

example of this type of imagination is creativity (although Beethoven was born deaf, he was playing original music he heard 'inside his head' by the age of four), or spontaneous intuitive flashes. For in most cases this type of cognition (as in hypnagogic reverie) uses modes of information processing not available to the physical senses or to the conscious mind.

Therefore, unconditioned imagination-perception does not depend on the conditioned programming that has been implemented into the conscious mind. Consequently, I feel that *this* is the type of 'imagination' that needs to be trained and redeveloped, so as to be able to engage in PSP and optimal psychic functioning in general.

The Future

The implications of the type of psychic functioning I've been describing in this book are truly revolutionary. Indeed, certain gifted and trained individuals will be able to go *anywhere*, as well as to *any time*, and *see* whatever type of information or ideas they wish and bring them back with them. That means that someone like Henry Ford, Thomas Edison, Leonardo Di Vinci, Albert Einstein, Mark Twain, Jules Verne and other creative types will be able to go a probable future (or past), and bring back in their minds inventions, artistic and architectural designs, technological and mathematical concepts, formulations, stories, plays, tales, even philosophies, as finished working models.

But you see, this is what creative individuals have always done! An excellent example of this is the case of Edison—one of the most gifted inventors in *our* history. Except that, as mentioned earlier, most inventors and other creative types oftentimes bring back snippets or fragments of what they see in alternate space-time continuums in the form of "ideas". Most of them don't even remember seeing the complete working model or being in the system of reality they visited, at all. Therefore, 'creative' individuals have to painstakingly reconstruct what they perceived. An example of this is Mr. Edison, who got his light bulb to work properly after 10,000 combinations and experiments! (Ironically, this is almost identical to the way psychic data is perceived using remote viewing: in bits and pieces.)

In a sense then, human beings do not create, but rather *replicate* objects, structures, works of art, etc. (even events!) based on actual *working models* that already exist in alternate/probable space-time continuums. However, because of 'neurological discrimination' individuals usually tend to block out phases of the "creative process". Therefore, their conscious mind has to—through conscious trial and error—put together the bits and pieces of the complete model that's already stored in their subconscious mind.

Let me digress a bit and say that I am 'disgusted' (remember that there aren't any wrongs or rights, things just are) at the way so many individuals

were exploited with the so-called remote viewing training (RV). Some of these RV instructors made lots of money by teaching the "technology of RV". In many instances charging THOUSANDS OF DOLLARS for those *infamous* "protocols"; and many students, if not all, were lured by the name 'remote viewing' and what it implied—*seeing* across space and time. Hey, I was one of them. But as already discussed, the RV process has nothing to do with visual perception. And I'm talking about the term 'visual' as in clearly *seeing*, just as you are now seeing the letters in this book.

Indeed, the ability to S-E-E S-E-E S-E-E S-E-E S-E-E S-E-E (I hope I have made it clear enough) *without* the use of the physical eyes is both *real* and it *exists*. But, can anybody learn such ability? Well, after all the data I have gathered, I would have to say definitively NO. Why? Because no one can not be taught *talent*. Yes, that's right. This type of ability is a talent; much like painting, playing the piano, writing poetry, etc. Hey, anybody can play the piano. I can sit in front of one and hit the keys. But am I going to play well, or great, such as Beethoven or Mozart? Well, that depends on two things.

First, I have to have a natural knack or ability for it; and second, I must have the patience and diligence to apply myself to years of practice. Yeah, that's right, *years*. This is very much like the story of the little girl holding a violin case who found herself lost in New York city, and asked a police officer how to get to Carnegie Hall. "Practice". The officer replied.

In that sense, I guess you could say that it takes a 'special' type of individual to be odd enough, strange, introverted, intellectual, emotional, neurotic, fantasy prone, creative and weird enough, to engage in this type of psychological and psychic self-development. I mean, any art or science such as medicine takes years to master, correct? Unless you happen to be one of the lucky few that are born with a particular talent already developed—as in the case of child geniuses or prodigies. But for the most part however, individuals such as myself have to patiently develop their skills at anything they wish to become proficient at. Again, that's why it takes a lot of practice.

Even so, I have come to find that I cannot engage in PSP or PDI every day. But why is this? Well, I have two theories: the first one is because if I could—and if I could I would *not* do so—engage in PSP and PDI on a regular basis, I would rapidly become disenchanted with the physical dimension, as I have in the past. For there are millions of fascinating realities to be explored, and in a way this can be dangerous (remember my JonBonet Ramsey incident). Therefore, I believe that these types of abilities are under some type of subconscious or even superconscious control by our Overminds. The second theory on why I can't engage in PSP on a daily basis is because our normal neurochemical states are what keep us focused to *this* particular reality or PDFD. And if we were to alter this balance on a consistent basis, we would not be able to properly function in physical reality. As pointed out earlier, in order to access other worlds and dimensions our neurochemical states have to be altered; either

naturally (as in when we go to sleep and dream), or by using pharmacological catalysts.

However, there's a problem even with this. Because you see, as I pointed out previously, most of our lives our brains have efficiently kept adequate amounts of neurochemical ratios, so as to function in this particular focus of consciousness. Let me give you an example. When someone gets drunk, or stoned, the perception and processing of physical data gets disrupted, i.e., blurred vision and ghost images (very similar to those of a television receiver that is not receiving a clear signal, etc.) But after a few hours however, the neurochemistry *returns* to adequate levels, resulting in the proper processing of physical data. Hence, our senses begin working properly once again and we can drive to work. Therefore, our brains have been programmed by the evolutionary process to always return to its 'home station'.

The reason I'm bringing this up is because recently, a few close friends of mine have asked me if I could teach them psychoportation. They have also asked if there was any piece of brain technology device, protocols, drug, mantra, or the like that could furnish them with this ability. To which I simply replied: "There aren't any! It's your mind that's the key!" Indeed, no one can teach talent, desire and determination. Those faculties, which by the way are required to truly learn and become proficient at *anything*, are already within us. So let's rephrase the question from: "Can anybody learn such abilities?" to, "Can these type of abilities be developed by those who are truly interested?"

Well, I have concluded that since human beings can dream—immerse themselves in realms outside this system of reality—then PSP and PDI are indeed natural faculties of the human and even of non-human species. However, these faculties must be developed with a burning desire, intent, patience, determination, and most importantly, *practice*. I feel that this is the case indeed. For we have the 'talent' to dream both figuratively as well literally. We also have the 'talent' to desire something. We also have the innate 'talent' to be determined. Furthermore, I believe that our brains are like a computer that can run *any* 'program' properly presented to it.

Now, I foresee sometime in the probable future that a place not unlike the Juilliard School of Performing Arts will come into existence. Except that it won't be an art school. Instead, it will be a privately funded school for psychically-gifted individuals. This school's sole purpose will be that of the development of the human mind for the continuing evolution of mankind. At this school, psychically-gifted individuals—who first of all would have to be accepted by undergoing a thorough physical as well as a psychological evaluation, so as to insure that they're psychically qualified and of both sound mind and health—would be assisted by trained professionals in a special psychological and psychic development program using a number of different modalities, including psychedelic substances.

However, because of current archaic federal laws when it comes to psycho-

tropic plants and substances, skepticism about the paranormal abilities of the human mind, and the lawsuit mentality of a great percentage of individuals in our society, this facility would have to exist somewhere outside the United States. Perhaps on an island, or even in a country like Switzerland—far away from the ignorance of bureaucrats and the general population.

This facility would participate in the psychological, psychic, and pharmacological engineering of human consciousness. In other words, a school for modern-day shamans, whose voyages into hyperspace would be done with the specific purpose of aiding in the development of their 'tribes' sciences, politics, philosophies, entertainment, psycho-spiritual healing methods, and even spirituality.

This facility would be equipped with technology such as different types of EEG's, a CAT Scan, an MRI, biofeedback instruments, audio-visual synthesizers/synchronizers, etc. which would be used to further the study of the human mind, as well as meta-develop it. This facility would also be equipped with medical-grade psychedelics and hallucinogens, which would be administered by professional and licensed—but most importantly *spiritually-minded*—psychopharmacologists, psychiatrists, psychologists and scientists.

The human being that participated in this type of training would eventually be transformed into something one step beyond human—a 'metahuman'. A being of great levels of intellectual, philosophical, artistic, spiritual and universal intelligence. Indeed, he would have gone from being a student to becoming a *Master*.

Of course, all of this would be both very expensive and time-consuming. However, grants could be financed and even scholarships awarded to those truly gifted individuals who would benefit both themselves as well as mankind. These moneys would come from all the financial gains that inventions, patents, and copyrights—which would be acquired by the shaman-explorers—would earn in the world's marketplace. A percentage, say 10%, would then be placed in a fund for the financing and running of the facility. A facility which would forever continue to further develop mankind into universal consciousness. And this development would eventually occur globally and naturally because of the morphic resonance/critical mass principals.

Perhaps this may seem like science fiction to some of you, but let me remind you that so were many now commonly accepted ideas such as the light bulb, phonograph, space missions, moon bases, and heart transplants—even democracy! Indeed, most of the proponents of these ideas and concepts were individuals who in my opinion, were ahead of their time; but because of it were *at that time* accused of being radicals, mad, irrational, etc. However, the potential of this type of psychic development and consciousness engineering exists right now. But the "high priests" of our society want to keep this type of knowledge hidden from the 'profane' masses. And they do—for their own gain. Please, please, please, wake up!

As I said previously, said facility already exists on a parallel universe, and may be actualized here, if sufficiently desired and focused on by a critical number of this planet's population. I am referring to those of you who are tired of the current status quo. Again, I firmly believe that some of the substances and technologies I have experimented with, and have described in this book, have the potential of completely changing and forever altering the course of human history—if used in the proper context and with the proper intent.

Epilogue

*"Understanding others is wisdom.
Understanding yourself is enlightenment."*

Lao Tse

Physical reality is a 'tricky' yet playful and creative altered state of consciousness, which our Overminds have created and experience through us. Overminds, which are non-physical in nature, use physical vehicles (our human bodies) so as to experience this 'sensual' reality—a reality mediated by physical senses. But make no mistake. *We* are timeless and infinite 'thought-things' made up of the same energy-essence that 'It' is; some-'thing' that is beyond words and conceptualization.

Hopefully, you have come to the realization that you can only become that which you *already* are.... It's much like the innocent pet who by playfully and curiously chasing its tale, after finally having caught it, realizes that the tail had been its own all along. Hence our little fellow was only chasing after itself.

In fact, *you* have created said episode so as to gently and eventually remind yourself about the nature of reality and of your true being. As pointed out previously, you have, and continue to, create *everything* and *everyone* around you. Even the words that you are now reading in this book come from some 'place' within *your* Self. These words have always been within you; and exist so as to help you understand *the* cosmic and universal fact: That it's all a circle. That it's all a psychological game. And that this 'game' of sorts eventually brings you back to yourself—to your Self. Things are not as they seem; nothing seems as it really is. Yet isness is all there is! In my view, this illogical and playful 'insanity', if you will, is sanity and enlightenment. On the other hand, "intellectual logic" is ignorance, blindness and madness. Hence, 'logical non-sense' truly is enlightenment...! Yet the crazy and humorous thing about it though, is that "logic" makes sense to the *unenlightened* mind, while 'logical non-sense' doesn't!

You must remember that this is so because of the way we have been programmed to begin with, and also because of our PdS. Yes, my dear friends, in a

sense a great cosmic joke has been played on all of us. But this has only been done with the express purpose that we learn about it in the first place! All in a very subtle and playful way, I might add. To some of you this may seem funny. To others this may seem cruel. And still to others, this may seem ludicrous. I may even be accused of having lost my mind. Maybe I have. But the fact still remains. Your *interpretation* about anything whatsoever is what gives said interpretation whatever meaning *you* wish to give it in the first place.

I know that some will come to think of this book as science fiction. Others will think of it as non-fiction. However, remember that notions as well as other things change with time. As you may recall what was considered 'science fiction' just a few centuries ago, and even a few decades ago, today has become real. From Jules Verne's 'science fiction' masterpieces "20,000 leagues Under the Sea", as well as "From Earth to the Moon", to the portrayal of cellular phones in the television series "Star Trek", science fiction has indeed become science fact. In that sense—and as far as this book is concerned—I will let *you* decide what this book is. Indeed, there are many hues from which you may choose to color your views and feelings about anything, including what I have presented in this book. That's why hues exist in the first place. So go ahead and use them. But, when you grow bored of them—as I have—you may go ahead and discard them all together.

Individuals interested in the types of psychological explorations I have been describing in this book are encouraged to first and foremost develop their intellectual consciousness, in whatever way they choose, *before* attempting to engage in psychedelic experiments. **(Although I am suggesting you don't.)** And if you happen to neglect my suggestion—for I can only offer suggestions—I hope you are prepared to *deal* with what you may find lurking within your psyche. I guess you could say that the road to God is a lonely one. But I will tell you this: Eventually *everyone* will have to travel it. And nothing I say here will *ever* take the place of one's own self-experience. However, let me remind you that it took me *years* of mind development before getting to the point of being 'somewhat' prepared for these experiences.

In my case, for some strange reason I felt that it was my 'duty' to take the dangerous health risks—both physical as well as mental—involved in these types of psychological journeys and experiments. But not only did I feel—perhaps at a subconscious level at times—that this information had to be gathered, but I was later told that in fact it also had to be shared with those who are ready for it—and so it is. Now, if this information happens to strike a chord within you and makes 'sense' please don't try and shove it down someone else's throat. For not everyone wishes to be awakened from his or her self-induced and self-sustained illusory dream, yet.

In fact, it is their right (and choice) to be in it and remain in it for as long as they wish. Remember, we are all here for the *experience* and for entertainment. For what else could one do with eternity and 'forever' than *experience* it? And

when others come to the point of being ready to leave this system of reality behind, they will also come to find this information, just as I—and now you—have. As my mother used to say: “All in good time. All in good time.” If you happen to be concerned about someone you know and wish to mention what you have learned in this book, you may casually mention small items about it and see how they respond. But keep in mind that you will be talking to the soul aspect in them. Therefore, this is a very delicate matter. In fact, don’t be surprised if some individuals scorn you or become hostile when this information is presented to them.

If this happens it is because they do not want to be ‘awakened’, yet. However, if they happen to inquire more specific information then you may direct them to this body of work. Perhaps they are ready to learn what you and I have learned. Possibly they are ready to ‘wake up’. But for the most part however—and I expressly emphasize this—at this point in time this book and the information in it is for *you* and for you *only*.

The reason I am bringing this up is because this ‘awakening’ experience I have been talking about, is very similar to that of a child finding out or figuring out that Santa Claus, behind his beard and costume, in reality is his uncle Bob, or his dad, or whomever. In essence *seeing* through the illusion. Thus losing another layer of innocence, but in the *process* gaining one of knowledge and self-experience. Didn’t we all believe and participate in said make-believe and pretend game? Well, dear friends, as hard as it may be for some of you reading this; it is the same with the *human experience* and the *physical dimension*. Indeed, psychedelic substances will enable one to see behind their illusion and come to discover what’s beyond them.

Now, another thing I have learned from all of my studies and experiences is that there is no such thing as a ‘fixed’ future. However, I have learned from Jiebro (the shaman that is now within my personality) something that is imperative I share with you. Therefore I go on record with the following statement:

“On the night of December 21st, 2012, sometime between midnight and 6:00 a.m. a massive and life-changing event will take place in the collective unconscious. Humankind as a whole, and the fabric of space-time reality itself, will split in two separate branches. Because of this event one group of people will find themselves in a parallel universe (and therefore on a probable Earth) that will come to experience a number of untold natural disasters—the like which have never been experienced or seen before. These natural as well as manmade disasters will continue for the entire 21st century. Millions of human lives will be lost, and the few remaining will be left in a wasteland of chaos and destruction.

On the other hand, the second group will find themselves on a probable Earth where only a few and rather mild natural disasters will appear.

These will have very minimal impact. This group will also find themselves going into another 'Golden Age' that will reign throughout the 21st century. These people will experience untold happiness and fulfillment. Technological as well as spiritual advancement will be theirs. Why? Because they *chose* to expand their consciousness and knowledge, which automatically allowed them to tune in to or rather psychoport to a reality which they themselves created in the first place. Those who chose to remain ignorant of higher truths created their reality also."

You see, this has *already* occurred, for there is no 'time' (in a linear sense). That is how Jiebro has come into this information. However, whomever accesses it must be sufficiently developed mentally and psychically in order to understand it. Again, I repeat: "Everyone's consciousnesses on planet Earth will psychoport on the night/morning of December 21st, 2012, into either one of two versions of planet Earth. But the illusion created by the human PdS however, will 'mask' the actual occurrence." Therefore, most of the human population on the planet will not notice anything different or dramatic when this mass event occurs—except for a few sensitive individuals. Instead, for the most part, they will wake up or make a transition from the night of December 21st, 2012 to the morning of December 22, 2012, and *unbeknownst to them find themselves in either version of mass reality*.

So the answer to the question that you probably have by now, which I'm sure is, "How do I go to the universe and probable Earth which doesn't experience all of the disasters you mentioned?" is this: By consciousness expansion through study, self-reflection, and whatever other means *you* deem necessary, are comfortable with, and desire. Let your higher-self (Overmind) be your guide. This is the only way to expand one's consciousness.

In addition, this expansion will not only dictate but will also *create* your experience. You, I, and everyone for that matter, will only learn through self-experience. What those experiences will be are entirely up to each one of us. But make no mistake; *you* are the creator of them, as well as of everything else in *your* life. You are your own teacher. To know this is to know truth and to know freedom. So let go of fear and doubt. Free your mind!

Again, I have been given this information and pass it along to you. How you use it, if at all, is entirely up to you. Believe me, I really dislike making predictions because I know that the future exists only as a probability, and is therefore actualized out of a number of potential states. However, when it comes to mass events, such as the one I have described, a number of factors come into play having to do with morphic resonance and critical-mass principals; which in turn affect their materialization/actualization.

This coming event is a psychological one. Yet it will have *physical* ramifications. Remember that everything in existence was spawned from the inner domain of the mind. There is nothing that can be done about this coming event.

It is a natural part of the evolutionary development of the collective psyche of our species, and simply another step in the unfoldment of our 'spirituality'. I will also have you know that this mass event comes as a result of the consciousness-shift that has been taking place in this planet for some time now.

In fact, the Internet and other mass-media channels are responsible for linking the minds of the inhabitants of this planet for said coming event. Planet Earth is a sentient entity, similar to a global brain/mind, if you will, which is gradually becoming self-aware and therefore about to obtain self-realization. However, in order for an organism such as the brain to achieve said self-realization it must first have a certain amount of intelligence. Now, from my studies of neuroscience I have learned that the number of links, or rather neural connections available to a brain dictates the level of its intelligence. In turn, this results in a more efficient and faster way of transmitting information between its brain cells.

Taking that same analogy, we the human race are the global brain's cells, and the mass-media channels are its neural connections. (Are you beginning to get the picture?) Every living organism including the human brain engages in dreaming. And, as I have previously explained, dreaming is the result of the brain's manufacturing and release of endogenous (self-manufactured) neurochemicals, which are chemically and structurally related to certain psychedelics and hallucinogens. To complete said analogy then, this book and the information contained in it, is like a powerful 'dream inducing' psychedelic substance, similar to dimethyltryptamine (DMT), which is being 'released' by the global brain so as to 'possibly' dream itself into another state of being.

This book then serving as a psychological bridge between realities or dimensions.

Now let me divert just a bit, and also tell you that you do not need to participate in consciousness experiments like the ones I have engaged in in order to access this type of information. For I have done it already. Remember that every tribe has a shaman. Not every individual in the tribe engages in the same rites that the shaman does. As it turns out, these practices are dangerous and in some instances even fatal. Therefore the shaman oftentimes appoints himself or herself with the task of shamanic voyaging so as to bring back information that will help the tribe in its evolution and development, and even warn of potential dangers. In that sense, I consider humanity to be my tribe, and have therefore appointed myself with these tasks. But again, how people react to this information is entirely up to them.

The reason I am bringing up the potential dangers involved in some of these types of experiments, is because as I am now writing these words, almost three years since my experiments began, I am experiencing some rather severe headaches accompanied by extreme dizziness and hot flashes. What these

symptoms are, I do not know. I am also experiencing slight episodes of missing-time, as well as what I have coined 'alternate consciousness symptoms'.

This is not the same as multiple personality disorder, however. For I am not only in control of my sense of being, but recognize their origin and can even *integrate* all of them into a single unit of *being*, as well as into my consciousness and personality. These psychic symptoms manifest themselves as thoughts and ideas, which I sometimes speak out loud, or write, but which are not 'mine'. In that regard, what I am feeling and experiencing is probably something similar to the phenomenon known as channeling.

Given my current condition, I will abstain from my pharmacologically/technologically induced psychonautical journeys for at least the next six months—maybe longer. As I said at the beginning of this book, "I will present all sides on the subject of psychedelics and hallucinogens—the good, the bad, *and* the *ugly*." So there you have them. I sincerely hope that you may benefit from what I have learned. Remember that there are no studies on the long-term effects of combining neuroelectrical and photo-sonic stimulation together with the substances I have experimented with. *Especially the combination of neuroelectrical stimulation and dissociatives*. In that aspect, I have been walking on new ground. Therefore, I advise you to refrain from this practice. I mean don't get me wrong, age-old plant teachers such as psilocybin and salvia divinorum used in the *right context* (remember set and setting, as well as intention), are excellent choices and 'allies' in the development of one's higher states of consciousness. As are modern 'sacraments' such as LSD and MDMA.

However, synthetic substances such as ketamine and dextromethorphan are indeed curious keys that have the ability to unlock weird places in the mind, as well as in my opinion, the infinite. Believe me, I never imagined that I would come to encounter what I have in my experiences and experiments. I never bargained for 'this'. Yet 'this' is now inside of me, and therefore I have to deal with it. Who knows what's going to happen to me in the coming months and years as a result of my experiments. However, I am not afraid. Because whatever the consequences of my experiments and actions are, are for my own continued self-experience. Therefore, I take *full responsibility*.

Now, I am not so naive as to think that all of you will heed my suggestions. But please, again, if you are thinking about engaging in these types of experiments do take the necessary precautions and prepare yourself psychologically, emotionally, and philosophically before you dare to venture into the deep regions of hyperspace I have described. Especially into the *Void*. Understand that it would be irresponsible of me to not give you this warning.

To those of you who are looking for a cheap and recreational high you are hereby advised to look for some other way to get your kicks. Messing with your brain and mind is something that should definitively not be played around with and should be avoided. But *you* have to make that decision and choice. I feel that that is *your* right.

Finally, to those of you who are sincerely interested in your Self development please proceed with caution. That is what I did. Well, sort of. Still, I decided to sail into uncharted territories and must now face the consequences of those actions, whatever they may be. Hopefully, the negative neurological effects I am experiencing will go away as I let both my brain and mind recover from everything I have put them through while gathering the information presented here. But only time will tell. Perhaps sometime in the future mainstream pharmacology, neuroscience, and especially our government will allow these types of studies and experiments to be conducted in medical laboratories under professional medical and scientific supervision, as opposed to in the bedrooms and basements of intrepid, modern-day shamans.

To the bold and courageous mind explorers who wrote the books I so much enjoyed, and which eventually made me into an explorer myself, I am forever grateful. No words can elucidate my sense of gratitude. Because of your courage and vision, as well as the many insights you offered me about the nature of the human mind and of the physical dimension, I constantly felt as though I had a guide that I could follow and learn from. Thanks for going through what I now know—first hand—you all went through in order to make those books and information available to individuals such as my myself, who both needed and were ready for them. To the rest of the new breed of shamans who quietly continue to explore the interior realms of the psyche and hyperspace—such as I have been doing for many years—I hope that my findings help you in some way. Indeed, I salute you.

In closing, understand that all of the work, ideas, theories, and mechanical models offered in this narrative have been gathered by a single individual. An individual, who dared to question the current status quo, took it upon himself to seek out his own answers, and because of it, found himself beyond the point of no-return. Therefore having no other alternative than to boldly venture inward and into the Void.

**

*

As you sit there pondering on what has been revealed to you about the nature of the physical dimension and of the human mind, We, Zoe7, hope you have come to realize by now that everything around you does not really exist as such. Go ahead and look around you for a few moments...

Look at, and even *feel* the chair you are now sitting in, or the bed you are lying on. Notice the room or the surroundings in which they abide. Also, pay close attention to the sounds you may be hearing. Notice the smells you may be perceiving. Feel the breaths you are taking. Taste the saliva you are swallowing. Gently caress the book you are holding in your hands. Inwardly enunciate the

words you are now reading, but do it... Slowly... Yes... Just – like – this. Perhaps even get a good look at the people that may be in your vicinity; and realize that they are *not* really what your senses tell you they are...

Instead, they are quantum fields of energy, which are at the moment simply coalescing into existence inside your mind, by interacting with your brain synapses through your senses. Of course, your ego and physical senses try and negate all that We are telling you. But they too are nothing more than imaginary constructs, which again, coalesce into existence inside *your* reality by your expectations and belief in them. Therefore, they exist *only* in your *imagination*. Your imagination turns these intangible, subjective, and non-existent ‘ideas’ into what you think they are or believe they should be. Your imagination brings them into being. But in reality, just as We have been explaining to you, they simply do not exist. They are *all* hallucinatory constructions. Just as are all species, and all realities, and all things. Indeed, all ‘objective reality’ is nothing more than an ephemeral dream...

As you can see, your mind likes to play tricks on you. It has been playing these tricks all along. But, then again, the mind likes to play with itself... It enjoys ‘playing’ with itself... Always has, always will—*all ways*...

As you continue going deep within yourself; deep within yourself; very deep... Within... Your... Self... As you have now done, you will come to realize that what We are saying is true.

As promised at the beginning of this book, We said that by the end of it you would come to learn about your true nature—who or more appropriately ‘what’ you really are. And, since we have been emphasizing experience all along, let Us now present you with what We promised.

Go ahead and gently ponder and self-reflect on each one of the next four paragraphs, which have been conveniently placed on separate pages for this purpose. Perhaps even close your eyes after reading each one of them and try to visualize what We are revealing:

Nothing is real. Nothing exists. No-thing. Not even you. The only thing that exists is a thought...

A thought within a void of nothingness...

But the thought itself is the Void...

Indeed, the Void... is... *you*...

INTO THE VOID

ZOE7

ABOUT THE AUTHOR

A rare combination of philosopher, mystic, artist, visionary and scientist, Zoe7 is a twenty-first century shaman and cartographer of altered states of consciousness. His experiments with combinations of pharmacological substances and brain technology devices have enabled his consciousness to warp and even tear-apart the fabric of space-time reality, propelling him into previously uncharted landscapes of the psyche, as well as into the outer-fringes of hyperspace. These explorations are becoming legendary in the psychedelic underground and also in the digitized corridors of cyberspace. **"Into The Void"**, is his first book in a continuing trilogy. The next two in the series are **"Out Of The Void"**, and **"Beyond The Void"**.

At the moment he resides in the sunny state of Florida, and has recently completed two screenplays, both based on his first book. He is also working on a number of projects including music, television, and consumer products—all of them gathered from probable Earths and alternate realities he has visited and explored. To keep abreast of the latest developments in the field of consciousness research, expansion and exploration, you may visit his website at **Zoe7.com**

SUGGESTED READING

Acid Dreams - *Martin A. Lee & Bruce Shlain*
Adventures Beyond the Body - *William Buhlman*
Ageless Body, Timeless Mind - *Deepak Chopra*
Altered States of Consciousness - *Charles T. Tart*
The Archaic Revival - *Terence McKenna*
The Assault on Medical Freedom - *P. Joseph Lisa*
The Awakened Mind - *C. Maxwell Cade & Nona Coxhead*
The Body Electric - *Robert O. Becker & Gary Shelden*
Beyond the Brain - *Stanley Grof*
Beyond Biofeedback - *Elmer & Alice Green*
Biofeedback - *George D. Fuller*
Biochemical Basis of Neuropharmacology - *Jack R. Cooper, Floyd E. Bloom, Robert H. Roth*
Bridging Science and Spirit - *Norman Friedman*
A Brief History of Time - *Steven W. Hawking*
The Cambridge Lectures - *Steven W. Hawking*
The Celestine Prophecy - *James Redfield*
Center of the Cyclone - *John C. Lilly*
Conversations with God I, II, & III - *Neale Donald Walsch*
Cosmic Journeys - *Rosalind A. McKnight*
Cosmic Voyage - *Courtney Brown*
Cross Currents - *Robert O. Becker*
The Dancing Wu Li Masters - *Gary Zukav*
Dialogues with the Master - *Paul Twitchell*
Dream Gates - *Robert Moss*
The Dreaming Universe - *Fred Alan Wolf*
Dream Yoga - *Namkhai Norbu*
DXM FQA - *Bill White*
Edison - *Neil Baldwin*
The Einstein Factor - *Win Wenger & Richard Poe*
The Essential Psychedelic Guide - *D.M. Turner*
Exploring the World of Lucid Dreaming - *Stephen LaBerge & Howard Rheingold*
The Far Country - *Paul Twitchell*
Far Journeys - *Robert A. Monroe*
Food of the Gods - *Terence McKenna*
From Chocolate to Morphine - *Andrew Weil & Winifred Rosen*
The Future of the Body - *Michael Murphy*
The Holographic Universe - *Michael Talbot*
The Holotropic Mind - *Stanley Grof*

- The High Performance Mind - *Anna Wise*
 Hyperspace - *Michio Kaku*
 How I Learned Soul Travel - *Terrill Wilson*
 Infinite Mind - *Valerie Hunt*
 In Search of Schrodinger's Cats - *John Gribbin*
 In Search of Schrodinger's Kittens - *John Gribbin*
 Journeys Out of the Body - *Robert A. Monroe*
 LSD: My Problem Child - *Albert Hofmann*
 LSD Psychotherapy - *Stanly Grof*
 Lucid Dreaming - *Stephen LaBerge*
 The Nature of Personal Reality - *Jane Roberts*
 Notes From the Underground - *Gracie & Zarkov*
 A New Science of Life - *Richard Sheldrake*
 Many Lives, Many Masters - *Brian L. Weiss*
 Mega Brain Power - *Michael Hutchison*
 Mind Hunter - *John Douglas & Mark Olshaker*
 Mind Trek - *Joseph McMoneagle*
 The Night Stalker - *Richard Carlo*
 The Orgone Accumulator Handbook - *James DeMeo*
 Parallel Universes - *Fred Alan Wolf*
 Parapsychology - *Richard S. Broughton*
 Phantoms in the Brain - *V.S. Ramachandran & Sandra Blakeslee*
 Pihakal - *Ann & Alexander Shulgin*
 Practical LSD Manufacture - *Uncle Fester*
 The Presence of the Past - *Rupert Sheldrake*
 Psychedelics Encyclopedia - *Peter Stafford*
 Psychedelic Shamanism - *Jim DeKorne*
 Psychic Warrior - *David Morehouse*
 Quantum Healing - *Deepak Chopra*
 Quantum Reality - *Nick Herbert*
 Radical Spirituality - *Dick Sutphen*
 Receptors - *Richard Restak*
 Remote Viewers - *Jim Schnabel*
 Rewriting the Soul - *Ian Hacking*
 A Separate Reality - *Carlos Castaneda*
 The Scientist - *John C. Lilly*
 Seth Speaks - *Jane Roberts*
 The Shaman - *Piers Vitebsky*
 Shamanism & Personal Mastery - *Gini Graham Scott*
 Stalking the Wild Pendulum - *Itzhak Bentov*
 Super-Learning 2000 - *Sheila Ostrander & Lynn Schroeder with Nancy Ostrander*

- Synchronicity - *F. David Peat*
The Tao of Physics - *Fritjof Capra*
Ten Thousand Whispers - *Lynda Madden Dahl*
The 3-Pound Universe - *Judith Hooper & Dick Teresi*
Tales of Power - *Carlos Castaneda*
The Teachings of Don Juan - *Carlos Castaneda*
The Tibetan Book of the Dead - *W.Y. Evans-Wentz*
Tihkal - *Ann & Alexander Shulgin*
Traveling with Power - *Ken Eagle Feather*
The Ultimate Journey - *Robert A. Monroe*
The Ultimate Time Machine - *Joseph McMoneagle*
Vibrational Medicine - *Richard Gerber*
Voyages into the Unknown - *Bruce Moen*
The Way of the Explorer - *Edgar Mitchell with Dwight Williams*
Wholeness and the Implicate Order - *David Bohm*
Zen & the Brain - *James H. Austin*

WEBSITES OF INTEREST

artbell.com
bluehoney.org
brainmachines.com
deoxy.org
disinformation.com
druglibrary.org
dmt.lycaeum.org
empathogens.com
frognet.net/dxm
hofmann.org
leri.org
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nepenthes.lycaeum.org
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